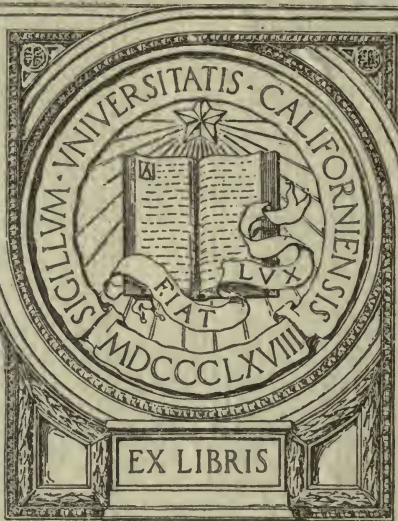


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NEUROPATHY

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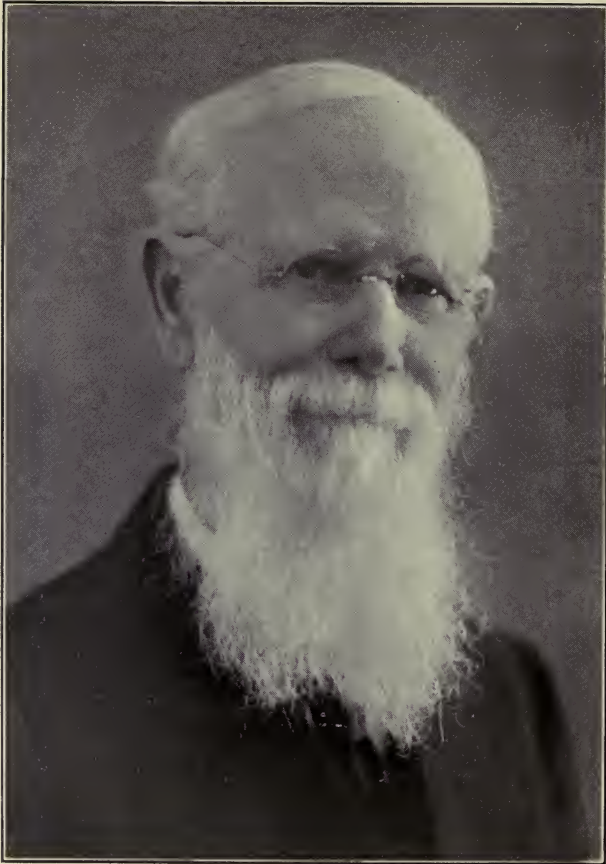


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Neuropathy Illustrated

THE PHILOSOPHY AND PRACTICAL
APPLICATION of DRUGLESS HEALING

Amplly Illustrated and Explained

B Y

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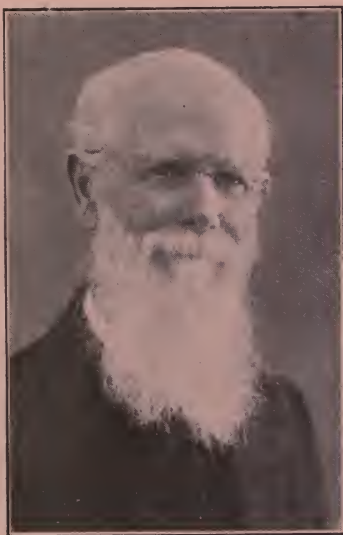
1915

By A. P. DAVIS

THE
AUTHOR

Neuropathy Illustrated

1915



A. P. DAVIS

M. D., N. D., OPH. D., D. C., D. O.

**Author of Osteopathy Illustrated
Neurology, Neuropathy and
Neuropathy Illustrated**

154 West 23rd St. Los Angeles, California

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BIOGRAPHY

Dr. Andrew P. Davis is of Scotch-Irish extraction; born in Belfast, New York, in 1835; reared in Indiana from his fifth year; educated in the common schools and in Wabash College, Crawfordsville, Indiana; studied, first: the Botanic System of practice; the Thompsonian; the Eclectic; graduated in Rush Medical College in 1866-67; Pulte Homeopathic College in 1877; took a Post Graduate Course in New York, in Homoeopathy and Ophthalmology in 1880; graduated in Orificial Surgery under Prof. E. H. Pratt; studied and graduated in Osteopathy in 1893 and 1894; in Chiropractic in 1898. Wrote three books—"Osteopathy Illustrated," "Neurology," and lastly "Neuropathy." He has the distinction of having the first place in the first Osteopathic School—has kept abreast of the times in all advanced thought from every source. He has the endowment of an energy that knows no defeat nor stopping place, in his search for Truth, for the amelioration of suffering humanity. For this reason he has surmounted every obstacle thus far; and in the application of the sciences he has mastered, has but few equals, perhaps no superiors. Now, at an age beyond the ordinary, is active, with all of his mental faculties seemingly in as good condition as, if not better than, at any time in his life. He bears the distinction of being the head and front of physical manipulators. As a teacher of the Drugless Healing Sciences, has filled many places of distinction. As a teacher and practitioner throughout the United States, has treated creditably and satisfactorily all the afflicted with whom he has come in contact, or dealt with. His career in Los Angeles is one of extreme activity, having a large and lucrative practice, which is increasing as the days go by. To be acquainted with him and know him is a source of gratification. His friends may be counted by thousands. His moral character is beyond reproach; his reputation is world-wide as an Author and Practitioner. To be treated by him is indeed a satisfaction and productive of good results.

PREFACE

The object of presenting another book to the world is to, in some degree, enlighten the people along the line of health, and to show the afflicted a better way out of their abnormal, diseased state than has heretofore been presented them. The medical profession is bound to its idols, stereotyped in the belief that medicines or drugs are the agencies essential to cure disease, and the habit of taking medicine for every ailment to which mankind is subject has become so firmly established that other means seem inadequate.

This volume or series of essays will show the reader a better way than to poison the system with foreign substances, which, in most cases, tend to make matters worse, because they are unnatural and in no way compatible with the body, but rather increase the abnormal conditions; hence people should be enlightened along lines which, if adopted, will make for the betterment of mankind, increase comfort, longevity, and finally cause them to abandon the use of useless, injurious elements which have always been deleterious to comfort and happiness. They have never mitigated human suffering, but to the contrary increased it. If what we have to say will check the tide of human misery, and be the means of enlightenment to any perceptible degree, or save the life of only a few sufferers, we shall have been repaid a thousand fold for our efforts.

We have no theories to advance or to advocate, but simply plain, unvarnished facts to present. Our desire is to make them stand out in an intelligent manner, so clear that all may learn them and be able to apply them in all conditions to relieve the afflicted and cure them of their ills.

Our investigations have covered large fields; much territory has been explored; great barriers have been re-

moved; much rubbish cast aside; and we have been successful in removing much unnecessary garbage, thought to be of use in by-gone days, but found to be useless; have sifted and culled the best that sound judgment, long tried and demonstrated experience have found useful, reliable, to be absolutely depended upon, and have written it in intelligent, comprehensible sentences so that the people can grasp the meaning and be able to utilize the instruction in a way that will ameliorate their suffering, and cure all conditions of functional, human ills.

Neuropathy is the grandest, most comprehensive and far-reaching science in the imagination or comprehension of human thought, embracing, as it does, every means which in any way affects the human body—through its own elements, without resorting to outside influences—even to the exclusion of the “Bacteria Theories” as the supposed cause of disease; using only the elements of which the body is composed, including every means which removes nerve or muscular irritation, or which interfere with the normal circulation of the fluids of the body—harmonizing every department with the whole body, thus removing all causes which interfere with the normal functioning of any or all of its parts.

DEDICATION

This book is dedicated to the afflicted; to those who have had to submit to stereotyped experimentation from medical practitioners, whose prescriptions are the outcome of supposed efficacy in medicine for the cure of disease; to those who, heretofore, have had no choice in selecting a physician to administer to their wants; to those whose lives have hung upon the probable efficacy of a supposed remedy; to those whose friends have been the victims of the uncertainties of unscrupulous and boastful pretenders, commercial demagogues, and ignorant shysters; to those who desire a betterment of their condition; to those who have the amelioration of the afflicted in view, and are willing to lay aside prejudice, doubt and abandon the use of agencies of established failure, who desire something that is rational; something that can be relied on to relieve their sufferings; that which can be applied under any and all circumstances, and in all conditions, with an assurance of satisfactory results, with the assurance of a never wavering faith of one who has spent a life in the study of the human body. He has searched with intense interest every source of promise, through all systems, both physical and mental, for something reasonable, something reliable, that, when applied, would relieve and cure the afflicted.

This science—**Neuropathy**—is the result of the long and ardent search of the author of this book. It is sent forth on its mission, with the assurance of its merits being approbated by all who will learn its philosophy—how to apply it as suggested herein. In every instance where properly, and intelligently applied, it will be appreciated for its merits, and serve as an incentive to all to recommend its use in all conditions demanding relief.

To my devoted, faithful, and loving companion along life's pathway, the honor of the editorship and arrangement of this volume is due. Her assistance has been the

means of enabling the author to present this volume in its very best possible arrangement and order, eliminating all superfluous words and phrases, leaving the kernel, and the clear cut expressions, in a language easily understood, and at the same time fully explaining the great facts intended, so as to be easily learned by the reader, and those who desire to know how to successfully ameliorate human suffering in the quickest and best manner possible, without the use of drugs, poisonous agencies, but simply with means always at "hand"—the human "hands," and without harm, inconvenience, or pain. This science studied, learned and rightly applied, fills a **niche never, before, filled, and embraces more than any method of healing ever presented to the world.** It will go down the ages blessing humanity as the years roll on.

The better the philosophy is understood, the more easily will its application be made. It is applicable under all circumstances, and for all conditions, where **undue pressure is involved, and the lack of proper nourishment are factors.**

CONDITIONS WE MEET ALMOST EVERY DAY

There are many persons who complain of pains in their muscles, and who wonder why they cannot move about without feeling as if they would break in pieces, or why they cannot make a move without pain, and they experience a limitation as regards extension of the limbs as far as they used to be able to move them.

They may have taken medicine from some doctor, or some patent medicine, or made up a compound themselves and taken it, but still they complain, and get worse.

The stiffness of muscles is nearly always due to impeded venous circulation of the blood, or to irritation of the nervous system, causing the muscular fibers to contract around nerve filaments, and this increases the muscular contraction as well as the impediment of the flow of venous blood on its way back to the heart, and results in chemical changes, toxic poison and general malaise, often ending in fever, rheumatism, sciatica or interference of the functions of some one or more organs in the system.

These patients have been the rounds, tried many physicians, been worsted instead of having derived any relief, are anxious to find some one who can give them ease and cure the difficulty complained of.

Proper exercise, persisted in, would have prevented any such a condition as the above description depicts, but the kind of exercise which should have been taken to keep the system immune from such a state, was not known to the patient; he would not have taken the exercise had he known how, perhaps; thus it is with nearly all persons who complain.

Rheumatic patients are wont to remain perfectly quiet, rather yield to the position in which they are the easiest; remain in that position until the muscles become fixed; squeeze all the fluids out of the muscles involved,

and press so hard upon nervelets that their function is destroyed.

Such cases come under the purview of the Neuropathic physician, who alone can definitely give a reason for the difficulty and institute measures which will relieve the entire trouble, by scientifically taking off the pressure from the nerves and blood-vessels involved. There is no guess-work in the treatment of such cases, nor there need be no doubt as to absolutely rendering relief. The beauty of the science of Neuropathy is: it means something, does something when properly and understandingly applied.

WHY THE NECESSITY FOR DRUGLESS PHYSICIANS ?

Since the days of Hippocrates, the father of medicine, the effects of its use have been conjectural, fraught with doubtful consequences. It remains the same uncertain agency in the cure of disease. While many recover while taking medicine, many get well without its use. A greater per cent recover without its use than do when medicine is used. This is argument sufficient for the substitution of something to take its place.

If the use of medicine is more harmful than beneficial, why persist in its use? The experience of the ages is against its use. Men of the highest ranks, the most learned, have manifested a disposition to find something to substitute for medicine. Those whose zeal has been the most intense after truth have changed their minds in regard to medicine, as in any respect worthy of consideration in the treatment of disease. Dr. Osler, perhaps the highest authority in this age, denounces medicine as an uncertainty, unworthy the place assigned it in the way of being a curative.

Medicine is incompatible with the physical organism, for it is an excess, therefore unnecessary, being composed of chemical elements not the same as are in the make up of the body, therefore acting as foreign substances.

It is a fact, indisputable, supported by abundant proof, that any excess or addition to the elementary chemical constituents of the body, produce inharmony of its structure. This inharmony is evidence of disease. That condition is what the person afflicted desires to get rid of and avoid. The intelligent physician knows that his medicines do not cure, but that, if any benefit is derived from their use, it must be from an increase of stimulus causing an increased effort on the part of the organism to eliminate the irritant thus added, and if the system has the strength

to do so, the reaction is beneficial; in a word, "medicine produces another disease," which takes the place of the former—hence the name, Allopathy.

Is it any wonder, from these considerations, that something better is desired as a substitute for this uncertain commodity—medicine?

The doctors manifest a desire to change and get something better, as shown by their restlessness, uneasiness, failures in affording the relief patients long for and expect. They are looking on the drugless systems with great anxiety, witnessing cures, in thousands of cases, where **their** drugs have failed, and are waiting and watching for an opportunity, for the time to come when they can step in and assume the praise for having discovered what the drugless healers have been thrusting upon them for so many years; and when that opportunity presents itself, they will assert, "We always knew it."

The people are interested in getting relief when sick; have witnessed the failures and premature deaths following the wake of the use of medicines and drugs; have also witnessed the effects of the Drugless methods side by side with the use of drugs; have seen the cures of cases by drugless methods where drugs failed in similar diseases, and similar conditions; that, too, without injury to the patients afflicted. On the other hand, those who had recovered from the use of medicines were, the rather, made worse, some crippled, addicted to the drug habit, or left with some chronic ailment—made so by the use of foreign substances, incompatible, called drugs, administered by physicians who stood high in the ranks of medical lore.

It will be understood by the reader that disease is a **condition**, caused by disturbance of some of the functionaries in the body. The disturbance is, commonly, that of undue pressure. The interference of normal conditions, such as muscular contraction, being the most common, causes a larger per cent of diseased conditions, perhaps,

than any other; it follows, as a rational conclusion, that the indications are **to remove the pressure**—meet the indications, and the natural order being restored, there is nothing else to do.

These being some of the reasons for the necessity of drugless physicians, we feel justified in emphasizing their claims in preference to being compelled to patronize a class of practitioners whose system is so uncertain, so harmful. The Regular physicians are wont to compel all the people to adopt their methods and to patronize them. They ostracize, persecute and prosecute those who can cure disease without the use of drugs, save suffering, and the lives of those who, from the use of drugs, would either die or be made invalids.

The Tissue Elements should be used when indicated; for they are a part of the physical organism; are sometimes needed, when not supplied in the food eaten; but drugs, being foreign substances, should not be used as curative agencies. They do not possess curative power.

It is, therefore, to the interest of the people—the whole mass of mankind—to patronize those who use rational, natural means to cure disease. This is the reason we recommend the means suggested in this book as the best, because they embrace the entire nervous system, and the means necessary to establish harmony throughout the body; when this is accomplished, health is the result. The ease with which this system is applied, its wonderful efficacy, commend it to all who are interested in a Natural, Reasonable System of Healing.

We earnestly solicit your careful and serious consideration of the foregoing, hoping it may be of the greatest interest to you in relieving human suffering.

NEUROPATHY

Motto: Take off the pressure.

Leading Thought: Freedom.

Keynote: Harmony.

Neuropathy is superior to all other sciences in the healing art, because it embraces in its scope the entire Nervous System. Its philosophy is to FREE the fluid-carrying vessels from all abnormal pressure, to release the finer nerve-trunks, and their endings, from undue pressure, so that there shall be no interference with their functions.

It is absolutely essential that all of the fluids in the body should be permitted to flow through their channels uninterruptedly, that the Nervous System—which is the media for the transmission of thought—should be undisturbed, so that its functions be not interfered with.

There are three grand divisions of the nervous system, to-wit: the Motor, the Sensory and the Sympathetic; these have their origin in the cranium in what is called the Brain, are distributed everywhere in the body, ending in footlets. Where they end they perform their functions.

The Brain—the origin of the Nervous System—is strongly guarded and protected by a thick, bony, oval, or nearly round, encasement, called the Cranium. The nerves pass out of this bony cavity through holes, named foramina, or sinuses, enter into tissue or muscle, and control the tissue in which they end.

There are, according to anatomists, twelve Cranial nerves, and thirty-one Spinal nerves, and these are in pairs, making really twice that number, or twenty-four

Cranial and sixty-two Spinal nerves. Phrenologists have located forty-two pairs of Cranial nerves; each one of these nerve centers send forth nerve filaments which express themselves, in what is denominated Faculty.

The centers, or the origin of these Cranial nerves is expressed on the surface of the skull by prominences, or irregular elevations.

The Brain is composed of fatty substances named the white and the gray matter—named anatomically the “White substance of Schwan and the Gray matter.”

All of the Cranial nerves but one—the Auditory—leave the cranium and end in some other part of the body.

Neuropathy has to do with disease, and all diseases involve the nervous system. The disturbance of the nerves being a prime factor in all pathological conditions, all due to interference of nerve filaments, it becomes a matter of supreme interest to know how to relieve the nerves from all disturbing causes, irritation, etc., in order that they may perform their functions normally.

Disease is a result of violated law—so stated by the Maker of all law, in Deuteronomy, chapter 7, and in Exodus 15:26, also in Deuteronomy, chapter 28; the penalty always follows. The human body was made perfect, is perfect yet, when allowed to perform its functions in a normal way.

The body was formed of the dust of the earth, the breath of the Almighty was breathed into man's nostrils, he became a living soul. He was pronounced perfect, and would have remained perfect till now had he not violated law.

The consequences of that first violation followed—man went away from God. In his alienation he kept going farther and farther from perfection until he became a putrefying sore from head to foot. He became a transgressor, hence became diseased. We have to deal with

this diseased mortal, and while many ways have been invented, used and recommended, yet all have failed to afford satisfactory relief, or immunity from the great monster called disease.

Medicines made a signal failure to cure a great King 3500 years ago, and death followed its first use; regardless of its signal failure, men have experimented with it during the centuries, from that day till this.

The experimentations have been rewarded with more or less success. Medicine, to say all that can be said in its favor, is a foreign substance, and per consequence an uncertainty. It is extremely problematical whether any satisfactory results have followed its use; some think so.

Men are so constituted that they are disposed to try something when in pain; whether by spontaneous resolution or by death the case terminates, the last thing tried, if recovery takes place, is attributed as the one which accomplished the purpose—cured the case.

The systems practiced, and the means supposed to afford relief may be numbered by the score, and all have their advocates. Many, found wanting, have been abandoned; there are many claimants for supremacy.

Neuropathy is one of the latest aspirants for a place of honor, and a position in the ranks of the Healing Art. Having been long tried with other systems of healing, by comparison and strong tests, by its originator—he having diligently studied all systems known—places it in the front rank of all physical, manipulatory and Drugless Healing Sciences ever practiced or known.

It is adapted to man in all climes, all ages and in all conditions. It embraces and includes the entire man because it deals with his nervous system as the prime factor in all pathological conditions. It is an indisputable fact, when the nervous system is permitted to perform its normal function, disease cannot exist in the body.

The nervous system functions every organ in the

body—sees to it that every organ, with unerring exactness, performs its allotted work, superintends every heart throb, whether we wake or sleep; it sees to it that normal functions are performed, being the media through which mind permeates the entire physical body; it signals warning when a disturbance occurs along any line of nerve filament from the brain, that something is wrong at the citadel of the mind which should be righted, and when righted, it assumes its wonted duties again. The human body would be a chaotic mass without the nervous system.

It will be remembered that all diseases are products of nerve disturbance or impeded circulation of the fluids of the body. The science of Neuropathy, properly applied, removes the pressure which causes all pathological conditions in the easiest, the best and most rational way of any system or method ever known or used by any physical manipulator. The very simplicity of its application and the favorable results obtained commend it to the afflicted. It always does good; nearly always cures; never harms.

The physician who represents a science of healing should always be qualified to explain why his remedies cure and be able to enlighten his patients as to his claims.

It will some day be regarded as a crime to be sick. Now it is a crime for one to render assistance to the sick, unless, perchance, licensed by a law passed by lobby influence. Any law that protects a few and proscribes others is wrong. The most inconsistent feature of such a law is that it is restrictive of the rights of the people to render relief to their suffering brothers.

Everything is the product of mind. Evil thoughts culminate in evil doings. The remedy is righteous thinking. To have righteous thinking there must be righteous training—teaching emanating from a higher source than man.

It is a fact that disease is a result of violation of law—wrong thinking, either by the individual or by some

one having control over the sick person. Law, being a rule of action, is only, or should only be, made for the lawless, the disobedient—those who are intent and bent on injury to one's own or to others. No law should be enacted which restrains or forbids doing good to humanity.

If it be a sin to be sick, the only way to be immune from sickness is to return to God's law, which is good, and only good. Its environments and influences are uplifting and tend to harmony—physically, morally, intellectually and spiritually.

The healer, under the present state of affairs, should stand between health and disease, and cry aloud, sound the alarm, and teach the ignorant how to conform to law—to the law or laws which, if observed, would render all men immune from sickness. Nature's laws are simple and easy to comprehend; they need only to be observed to be rewarded with perfect health. The people must come back to God, to be healthy—must conform to His laws, and then harmony will prevail. The healer should occupy the same position as the minister—preach the gospel of health.

All functions in the body being performed through the nervous system, one should understand the nervous system, especially its functions, and know that when the nervous system is unduly interfered with, its functions are disturbed, inharmony ensues. The nervous system should be permitted to remain normal to perform its functions undisturbed.

Natural law being one of universal harmony (the physical law of God), when all things are in harmony with this law harmony prevails. God's law is universal harmony. System in the body is a reflection of Deity, and the nervous system is the media through which mind acts, expressing itself at the nerve-end filaments. It will keep every part of the body in harmony with every other part if undisturbed in its functions. Over-use or influences which interfere with the conductibility of the nerve tissue

of the mind which directs its functions should be avoided.

When the proper food supply is furnished to build up the tissues of the body, and it is properly assimilated, made into blood, the elements kept in due proportion, the fluids of the body permitted to circulate throughout the body undisturbed, no undue nerve pressure permitted, no excess of nerve function performed, the system is in perfect harmony with itself; there is health.

The correct understanding of the laws which govern the natural functions of the body, the intelligent, proper application of Neuropathy, restores the body to its wonted harmony, and disease vanishes like frost before the rays of the morning sun. This beautiful world was given to man for his habitation while in the flesh. Man is the acme of the Divine mind, made in the image of God, has been given possession of this entire world, commanded to occupy the land. He was made perfect—perfectly adapted to every environment in which he might be placed, with power and authority to so act as to appropriate to his own use any and everything that would conduce to his health and happiness.

The nervous functions conduct the mentality to every part of the body, so that the mind, placed in the body by divine power, might superintend, preserve and maintain harmony in the body as long as he would conform to law—the law of his being.

The longevity of man is now about 37 years, and he should live at least two hundred years. It is a recognized fact that all animals live about eight times as long as they are in maturing; so that we scarcely live one-fifth of our allotted time on earth, verifying the word of Holy Writ, "The wicked shall not live out half their days." The care of the body is positively commanded by the Almighty, and the penalty has been affixed: "Know ye not that your body is a temple of the Holy Spirit—a temple of the living God?" "If any man destroyeth the temple of God, him

shall God destroy." These are the consequences of sin by man.

Any system of healing which does not embrace the entire nervous system in its application, restore the harmony of the entire body, is evidently, necessarily, wrong. We sin by thought, word and deed. To get back to the place from whence we started, we must retrace our steps; and this man can do, if he is not lost. If he is lost, he must be shown the way out. The Neuropath should be able to do that, so far as the restoration to health is concerned.

The student of Neuropathy should study to know his calling—to know the conditions he has to deal with, and be able to render the needed aid to his patients. We commend to you the study of Anatomy, Physiology and Pathology, and the careful study of the natural means to apply to relieve human suffering, and to restore harmony to your clientelle in all conditions needing your assistance.

Be true to yourselves, to your brother man and to God, and all will end well, and you will be a power for good to humanity, and worthy a name while you live.

THE SIMPLICITY OF THE PHILOSOPHY OF NEUROPATHY

Can It Be Learned by the Common People?

Answer—Yes.

This book explains, in the simplest language possible, the methods used to relieve the conditions, or change them, which cause disease or sickness. Nearly every condition known, which is denominated disease, originates in disturbance of some blood vessel or nerve filament, resulting in disease or inharmony, partial or complete, causing pain, inflammation or discomfort.

These disturbances can be removed by special manipulations of the body, by the hands of another. Disease may be arrested before it produces much, if any damage—as it were, “nipped in the bud”—and much suffering avoided.

Physical manipulations can be so applied to accomplish this purpose. A little experience will fully demonstrate this, and are all that need be used in most functional, human ills; they save the patient much distress, pain, long spells of sickness and attendant expense.

It will be a great saving to families to know how to treat their own dear ones, at the time when disease begins to make itself manifest, and be able to afford immediate relief. This book contains the information which has been found satisfactory, when properly and intelligently applied.

The application of the hands in such a manner as to remove undue pressure from the fluid-carrying vessels and the nerve filaments, constitutes the larger part of the work needed in most cases, which, added to cleanliness, dietetics, breathing and proper physical exercises, meet all of the demands necessary to relieve and to cure all

curable conditions denominated disease—especially of a functional character—and mitigate many organic diseases, pronounced incurable by eminent physicians.

The application of the science of Neuropathy will be generally sufficient to satisfy every demand, and absolutely efficient, under the most trying circumstances and conditions which may be met with. It is more reliable than medicine, absolutely harmless in all cases, in all diseases, for all ages, sexes, climes, seasons, altitudes and localities.

The important thing to consider is the freedom of the circulation of the fluids of the body—by overcoming muscular contraction—arresting the pressure upon nerve filaments, which express their functions at their endings. If their functions are disturbed by undue pressure, inharmony is the result. Inharmony is denominated a diseased condition, and as soon as the harmony is restored, the disease ceases to be.

It is the only rational thing to do—"Take off the Pressure"; all is free, nature is satisfied, friction ceases, and co-ordination of the entire body follows as night follows the day.

NEUROPATHY

The term Neuropathy literally means, Nerve pain, and as applied to the treatment of disease, means the relief of Nerve pain.

The mechanical means for relief consists in such manipulations as can be applied with the hands, commonly called adjustments, which are, for the most part, applied to the spinal column, limbs and muscles.

The object of adjustments is to overcome extra muscular contraction. Muscular contraction being the cause of nerve pressure and interference of nerve function, relaxation becomes a necessity in order to permit the normal flow of the fluids through the vessels which pass through the muscles, distributing nourishment, the building-up material of the body, as well as the vessels which return unused material, the waste which should be eliminated from the body, so that the normal conditions may prevail all the time.

Unless there is a normal circulation of all of the fluids of the body through the various channels—arteries, veins, lymphatics, ducts, and all of the fluid-carrying vessels—disease of some kind is sure to follow, sooner or later.

The distention of the vessels, if continued, separates nerve filaments, in many instances presses upon them and interferes with their normal functions, causing pain, or disturbs motion and sympathy, thereby causing unnatural changes; hence disease.

The object and aim of this book is to explain the philosophy of the Science of Neuropathy and its application in the treatment of disease.

The various means used to remove undue pressure, to arrest nerve-waste, to relax muscular contracture, to re-

store normal circulation of the fluids of the body, and to establish normal conditions will be shown and fully explained, so that the science may be fully comprehended.

Neuropathy is so far-reaching in its effects, so easily applied, and so remarkably efficacious, when rightly applied, embracing so much, that each department will be as brief and concise as the nature of the case will permit, so as to make every point stand out clear, distinct, and comprehensible to the reader.

Neuropathy is applicable to all conditions in which the nerves are involved, either in their production or continuance, denominated pathologic or diseased conditions of humanity.

Neuropathy embraces the principles and the philosophy of all of the physical, manipulatory, drugless, healing sciences—Osteopathy, Chiropractic, Naturopathy, Naprapathy, etc., and is the only science which fully explains the manipulations, giving a reason for each and every one of them, using those which are for a special purpose.

The relationship of the movements, to object intended, will be seen as the explanations are given in each, and unnecessary manipulations are eliminated, so that every one, here given, will have special relationship to the object for which it is intended.

The various manipulations having a special effect upon the part manipulated, the effects should be thoroughly understood by the manipulator, for each means something; has a purpose to accomplish; conditions to change, which aids in freeing the circulation of the fluids of the body; removes nerve pressure; relaxes muscular contracture, and conduces to the restoration of harmony—which means health.

The how to manipulate; the manner in which it is done; the force applied, and the intensity increased or modified, has much to do in **every case treated**; so far as benefit or harm is concerned.

The age of the patient; the locality of the ailment; its character; the susceptibility of the patient to pain; should always be considered, and only that amount of intensity or force used that will change the conditions existing for the time-being, and be repeated when needed; being careful not to overdo in any case.

The effects of the treatment will be in accordance with the manner of application, hence the necessity of knowing how to manipulate.

The effect, as well as the reputation, of any science, depends upon how it is applied.

The proper application of Neuropathy, cures disease; restores harmony.

Many cases linger along, uncured, simply because the means are not rightly applied. Awkwardness; too much force; over doing; exhausting the patient; putting in time, instead of intelligence, often make the patient worse, for the time-being—making the muscles sore; the nerves irritable and hypersensitive; whereas, milder treatment has the effect intended; restores harmony; cures the patient.

NEUROPATHY MEANS FREEDOM

The philosophy of the science of Neuropathy is the most far-reaching of all modern sciences. It includes and embraces more than any other healing science, and is more effective in removing the obstructions which cause disease than any of the healing sciences extant.

Its correct application relaxes the muscular structure, frees the veins, nerves, lymphatics, capillaries, permits the onward flow of the fluids of the body, and does it in a natural way—unknown to any other system of physical manipulation ever devised.

Uninterrupted freedom is the natural order of things. Unnatural pressure, in all the range of material things, animate as well as inanimate, produces injury or distortion, malformation and all kinds of injury, if continued indefinitely.

The plants which grow and bloom at our feet must have undisturbed space to develop normally. The tree must have normal pressure on all sides to cause it to grow round. The individual must have sufficient pressure on all sides of the body to hold the fluids in place, and prevent spontaneous hemorrhage from every pore.

The natural order of the universe must be maintained at all times, or there would ensue a crash of worlds, and chaos result

Man never would have known what disease was except by disobeying the divine law. Had man always lived in such a manner that his relationship with God had continued, he never would have known pain, the consequence of violated law, physically.

Whether we regard the natural or the spiritual law, they are both unalterable, unchangeable; the penalty is just

as sure to follow the one as the other—when violated—unless, perchance, the violator retraces his steps, and changes his relationship with the Law-giver.

The physical body was made subject to law, with its bony structure, its muscular, its arterial, its venous, its lymphatic, its nervous systems, and all other parts which make up the individual called man; sets every part in the body—perfect and complete—each part complete in itself, and each part related to every other part, so that there is not naturally any such a thing as inharmony anywhere throughout the body.

Every part has so many equivalents of chemical constituents, and in perfect harmony with every other part, so that, with the multiplied millions of molecular changes which go on all the time, there is not a deviation which does not right itself, through the functionaries of every part, for all these changes are natural changes—and nature makes no mistakes—so that in a normal condition, living in accordance with a natural law, instituted and ordained of God, health prevails.

Anything which disturbs the harmony, causes disease—inharmony. The mind which pervades the utmost recesses of the physical organism, controls the functions of every part; sees to it that every atomic cell is duly polarized, every atom so arranged that each performs its normal function, that every molecule so arranges its relationship that the due amount of friction may ensue, so that sufficient heat is generated; that the electric forces are constantly maintained, whether amidst Polar snows or Torrid heat.

The mind also sees to it that every chemical element, throughout the entire body, is so distributed that each particle performs its function with unerring exactness.

It is beyond the ken of mortals to comprehend the workings of the Divine mind—and “Who can understand the spirit of man, save the spirit that is in him?”

It should be absolutely understood, that the freedom of the circulation of all of the fluids, and the undisturbed action of the nerve filaments which convey the mental intelligence to every part must be permitted, or the whole machinery becomes a chaotic conglomeration of confusion, and inharmony prevails, and this is disease.

There can be no order anywhere, without mind directs the forces, and this mind in man is the controlling power, placed there when God made man.

“TAKE OFF THE PRESSURE”—MOTTO OF NEUROPATHY

The muscular system is responsible for Nerve Pressure—impediment to the venous and lymph circulation, as well as all of the other fluids of the body.

Muscular contraction may be produced by cold applied to the surface of the body, causing shrinkage of the skin; this closes around the nerve endings in the skin, the irritation continues, extending deeper, involving the areolar tissue; then the muscular fibers close around the capillaries and the small veins, arresting the circulation of the blood and other fluids, driving the blood to the internal viscera, causing congestion, perhaps in the lungs, heart, stomach, liver or any other organ. This is the result of continued irritation of end-nerve filaments and closing around small blood and fluid-carrying vessels, causing any and all kinds of disease.

Undue contraction of the muscular walls of the arteries causes increased force to propel the same amount of blood through them. This causes friction, and fever ensues. The fever evaporates the watery portions of the system, leaving unused waste material, causing toxic poison to accumulate, thereby pressing end-nerve footlets apart, impeding fluids from passing through their normal channels, thus making any or all sorts of trouble.

There is no disease possible when all of the fluids are permitted to flow through their channels naturally; there is no obstruction to their normal flow when there is no muscular contraction beyond a normal contracture; hence the greatest cause of disease is muscular contracture, unduly continued, and the greatest task the manipulator has

is to remove MUSCULAR CONTRACTURE, permitting the normal flow of the fluids, thus removing nerve-pressure.

Every disease that flesh is heir to, is a product of disturbance of the fluid-carrying vessels and nerve disturbance. Nerve irritation, at their endings, causes muscular contracture, and the amount of disease-producing effect the contracture causes may be determined by the number of muscles involved, and the organs affected thereby.

If the muscles of the chest—the thorax—are unduly contracted, the lungs, heart, stomach and internal viscera may suffer the consequences. Undue contracture of the chest walls—resulting from the muscles controlling the respiratory apparatus—prevents venous return circulation, hence a failure of pulmonary circulation, and engorgement of blood in the lungs. If there is interference of pulmonary circulation the blood cannot be oxygenated, hence aeration of the blood is interfered with, and the blood is returned to the general system contaminated with all its impurities.

There is no accounting for the damage which ensues from the above disturbance of the small veinlets and small end-nerve filaments. Failure of the return venous blood from the head causes the many diseases of the head, face and neck. The character of the disease depends upon the kind of tissue involved, the state of the mind, the temperament, kind of food the patient has been living on, altitude, condition of the atmosphere as well, the state of health at the time, and vocation. The age has much to do with the kind of disease one may have from the obstructions and pressure named, and the parts of the head involved.

The glandular system may be affected, so that there is a stoppage of normal secretions, and that condition may interfere with the digestion of the food, hence general emaciation may ensue, and go from bad to worse—all due to the above, seemingly simple, cause or causes.

When one knows the etiology of disease, and knows the remedy, and how to apply it, disease will be easily controlled. Remove the causes of disease to cure it. We need not be concerned about the administration of foreign substances in the form of medicines.

The simple means which removes the pressure from the nervous system, thus restoring the normal circulation of the fluids, arresting the muscular contracture, satisfies the demand, and nature assumes her wonted function, harmony is soon restored, and disease ceases.

The various means recommended herein are adequate to meet the demands in all conditions called disease, when taken in time. The mental condition of the invalid, the diet and habits have much to do in the restoration to health, and no means should be spared which has to do with the removal of the pressure, the arrest of nerve waste, the proper kind of diet which overcomes the waste and furnishes the elements necessary to supply the body with normal strength. To these, with the proper breathing, exercise and cleanliness, all conditions known as functional human ills are amenable.

There never was a system practiced—never discovered—which embraced the entire nervous system and all that pertained to bringing the functions of the entire body into harmony, as Neuropathy does, when properly understood, fully comprehended and rightly applied. It is amply sufficient to meet all of the demands to relieve the functional, physical and mental ills of suffering humanity. As such we commend it to the careful, intelligent consideration of everybody, with the assurance that it will be eminently satisfactory.

NEUROPATHY

The science of Neuropathy is inclusive, in that it embraces every known condition of the body, controlled, or affected, by the nervous system. Every organ in the human body is functioned by the nervous system, hence should receive due consideration. Every part of the body, in which nerves end, is influenced by them; the subject deserves critical and careful study, in order to learn their function.

Their anatomical and chemical constituents should be thoroughly understood. Their physiological function becomes a matter of very great importance, so that deviations from the normal may be discerned, which constitutes pathology, or abnormal physical conditions.

When every part of the body is in a normal condition, there is harmony throughout its entire structure: every muscle, gland, lymphatic, artery, vein, tissue and nerve is performing its proper function. The arterial, venous circulation, and all of the fluid-carrying vessels being normal, the nervous system functions properly.

Pathological Conditions.

These consist of abnormalities; of deviations from a normal state. These abnormalities are denominated disease, whether from interference of the circulation of the blood, disturbance of the nervous system, a solution of the continuity of a bone, laceration of a muscle, or a change in the secretion of a gland, indigestion of the food, or any condition different from a normal state.

The conditions causing these, or any of them expressed, is Etiology; a description of them is called Diagnosis.

Treatment; the Essential Thing to Do.

To know the conditions is of more importance than the Diagnosis—or the name of the disease—for the name may only indicate the structure involved, and one may know all about the structure, and not know how to remedy the trouble.

When it is known that the interference with the nervous system and the circulation of the fluids, causes the majority of the ills of the flesh, these important factors will be considered, conditions causing their disturbance will have the attention demanded, a restoration to a normal state effected, and the conditions changed from disease to health.

Muscular Contraction a Prominent Factor.

The muscles having but one function—that of contraction—become factors in the production of many disturbances by producing undue pressure upon nerves and fluid-carrying vessels which pass through and under them, or draw ligaments tense over them, obstructing the circulation of the fluids or nerve filaments. Manipulations which overcome these conditions are far better than medicines.

Some Things About the New Science.

The nervous system pervades every part of the body; functions the five senses, and through sympathetic filaments correlates each part with every other part.

There being eighty-four faculties in the cranium, and all these, capable of many wonderful phenomena, are all controlled, governed and functioned by mind, through nerve filaments, which give expression in character, mode of living, harmony or inharmony as per influence exerted through filaments emanating from said faculties.

That the nervous system has its origin in the Calvarium, seems altogether settled in the minds of Anatomists and Physiologists of the present day. From their

origin to their terminus each fiber conveys what we are constrained to denominate mind, and this mind expresses itself at nerve-filament endings. The filaments—the small nervelets—end everywhere, and mind goes through them and all functions are performed at the endings, and not along the line.

While it is true that nerves end everywhere in the body, it is also true that large bundles or leashes emerge from foramina and go directly through various substances, such as muscles, fascia, etc., and end in remote parts of the body; yet, from these bundles nervelets emerge, and end in the tissue the main bundles pass through, and perform functions where they end, whether in a gland, capillary or bone.

Remember, that the nervous system is the media through which all function is performed, and when there is no undue pressure upon these nerve-footlets, anywhere in the body, normal function is the result, and health prevails, because there is a state of harmony, when the nervous system is free from interference or pressure.

To free the nerve filaments from undue pressure, and to restore harmony thereby, is the province of the Neuropath; the means to be employed should be adapted to the conditions interfering with nerve functioning, wherever found.

Inasmuch as normal tissue is a product of nerve influence and function—as the mind, through the nerve filaments, has the entire supervision of the body—it is but rational to conclude that, to relieve any abnormal condition, it would be of the first importance to free the nervous system from all obstruction.

THE SCIENCE OF NEUROPATHY REASONABLE

In the treatment of diseases, the importance of each method usually stands out prominently in proportion to its merits or demerits. Hypotheses are estimated according to their reasonableness, and the comprehensiveness of the interested parties.

The afflicted are searching for relief, and care more for its attainment than for theories as to how it is brought about. Accomplishment is the thing which concerns the people in this age. To get there is the motto.

The system, or method of treatment, which accomplishes the purpose is the one most desired, provided it does so without injury and at a reasonable cost. The masses are not so much concerned as to what theory or philosophy is held or advocated by the representative of the science claimed, as they are for its intrinsic merit. The question is, will it do the work? Will it accomplish the purpose? Is it absolutely worthy of confidence? Is it reliable, and can it be trusted?

These questions are of profound importance, and the thinking classes will take great interest in investigating the claims of any system which promises them value received, in actual benefit, when applied in their case, for their ailments. Disease being the common inheritance of humanity, pain and distress being conditions which are unpleasant and derogatory to happiness, success or longevity, any measure which holds out the greatest inducement to absolve them from the contaminations of disease, is hailed with emotions of delight.

There are many systems which make promises of immunity from disease, to cure existing disease, which, when tried, leave the afflicted worse off than before trying

it. Observation demonstrates this, and it cannot be gainsaid. Hundreds and thousands of afflicted mortals experience these conditions daily. These failures work injury and cause distrust in the minds of the afflicted, lessening the confidence in all systems of healing.

Misplaced confidence—the bane of the human race—has been caused by over-drawn statements, untruthful assertions, as regards the merits of any system of healing.

That each and all of the systems, methods and measures have some merit in them is indisputable, and under proper conditions, just what is needed is a truth; but the over-zealous advocates of each system have over-drawn its adaptability, and not considered its limitations, nor comprehended its special application.

This is an index citing to the general status of most of the claims in vogue at the present time; hence it behooves every one to investigate every claim proposed, as a means of cure, for his ills. The physician and the patient are alike interested in this matter, for a necessity presents itself at the present time, to arrest the tendency of the various cults to monopolize the practice and fasten their views upon all, and to dominate their authority by unjust legislation.

No system ever devised by man has just claims to perfection. Disease is a product, caused by influences within and without the body, hence conditional and provisional; subject of age, temperament, mentality and circumstances; hence is amenable to many kinds of agencies for relief; therefore one stereotyped course of treatment cannot possibly meet all of the indications.

This idea furnishes the reason for the institution or origination of the many and various systems, or methods of treatment now in vogue. There seems to be a necessity for the many ideas included in all of the means known and practiced by the various cults; no one should use ONE idea to the exclusion of all the rest.

That many of them could be blended into one and under one head, seems plausible, for there is a similarity of method as well as design, and no plausible reason why they should not be classed under one name. This would simplify matters greatly, and obviate the necessity of so much explanation of the various ideas and opinions now so strenuously advocated by the different promulgators of their various systems.

When it is understood that the principles of relief are almost exclusively dependent upon the few leading functionaries of the body, and that when these are in proper condition, disease is an impossibility, the methods to accomplish this purpose could be amalgamated into one system.

Medical practitioners are wedded to medical treatment for all conditions called disease, and antagonize other methods. Those who use other means are equally zealous in the advocacy of their methods, and each one assumes to KNOW the other is wrong; when the fact stands out in bold relief for the use at times of different methods to meet the indications in given cases—and even these are inadequate to meet the necessities of the case, sometimes.

Neuropathy, meaning "Nerve-pain," is a system which blends all known Drugless methods into one system, and utilizes the various mechanical measures to bring about a condition in the body which relieves it of excesses and restores the entire body to harmony with itself. It does not ignore chemical influences, and the necessity of the use of such agencies as tend to, and do, restore the body to a state of harmony.

When harmony exists, there is no such a state or condition as is commonly recognized as disease. If there be a condition in the body, after being properly adjusted to itself, that indicates enervation, it indicates a deficiency of NERVE POWER, and that can only be restored by arresting the excessive function of the organ causing the loss, and by the addition of the nerve elements, which may be gotten from the proper food, which supplies the blood with these constituents that are used in nerve function. These are the only reasonable things to do, and when done, we bring the system up to a normal state, called health.

THE LIMITATIONS OF HUMAN EFFORT CONSIDERED

That all things earthly have their limitations needs only to be mentioned to make one mindful of the fact.

Everything we do is a product of thought. "As a man thinketh in his heart, so is he." We should think the things we ought to think, and if we think right, we will do right.

If we think that medicine is amply sufficient to cure all diseases to which the human family is subject, we will use nothing else.

If we think that water is the *sine qua non* for all ills, water is the only remedy with us, and it will be the only agency used.

If we think that dietetics is the sovereign remedy to restore us to a normal state, diet will occupy our special attention.

If we have been taught that prayer is the balm for all ills, we will depend absolutely on prayer as nature's Divine restorer.

If we get it once fixed in our minds, that one particular system of treatment is sufficient to satisfy all the demands of nature in the treatment of disease, that will be the only system uppermost in our mind, and all others are wrong—unnecessary.

The injunction, "Prove all things; hold fast to that which is good," is too often ignored. If we could understand that all men, everywhere, are limited in their knowledge of themselves, and their relationship to their environments, and that every one thinks as environments impress them, we would have a different view of life, and of living.

Conditions, as well as environments, have their influence in molding the mind; the **mind controls the body**; so that the saying is true: "As a man thinketh in his heart, so is he."

The condition of each individual's mentality, being a product of suggestion, teaching, mental and physical influences, the results differ in degree in an exact ratio of susceptibility to them, and thus we find mankind as he is—seemingly—a medley of contradictions; yet all, of every nation, tribe, and tongue, possess the same elements of body and mind, but modified and proportioned according to circumstances, food, habit, locality, education, training, strength and size of faculties.

All have the same number of bones, muscles, blood vessels, nerves, senses, human faculties, chemical elements; all susceptible to the same influences, at least in a modified degree.

Whatever may be the **consensus** of opinion, as regards **ONE** method of treatment for all kinds of human ills, it is a fact, nevertheless, that different conditions need different means; different attention; and often entirely different environments, to meet the indications.

That all systems of so-called healing have been used with more or less satisfaction, needs no other proof than their use—some of them for ages. Their promoters and advocates have thought them all-sufficient; hence been content with them.

No method of treatment would be adopted and practiced for so many years, unless it had some merit inherent in it, or some one had not derived some benefit from it.

That **demerit inheres** in all systems is true, or there would never have been an excuse for new systems being introduced.

That more or less merit inheres in all systems no one can gainsay, but that some have proven more efficacious than others cannot be disputed, truthfully; yet no one

of them all dare claim perfection, except that one pertaining to the soul, and that is **Divine Healing**.

Our conceptions of the healing process of any system is somewhat conjectural—in fact, there is **no human system** of healing, properly so-called.

All healing consists in a return to normal conditions throughout the process of natural law—a re-harmonization of the system with itself.

Whatever may be done; whatever means employed which conduces to this end, deserves commendation and approbation. Hypothesis regarding any system is an uncertainty, to say the least of it. Even many of the tried remedies are inadequate, at times, to satisfy the demand.

The best thing known, intelligently and scientifically applied, may and even does fail, sometimes, because conditions are not always clearly understood, and the best that can be done is sometimes futile.

The claims of the Neuropath, **for Neuropathy**, are that it is superior to any yet known. Neuropathy embraces the **entire nervous system**, the circulatory apparatus of the entire body, bones, muscles, glands, brain, elements, functions, food, breathing, digestion, assimilation, elimination, physical exercises, senses, faculties, hygienics, bathing, suggestion, association, morality, **MIND, LIFE**.

Any system of healing which limits itself to one idea, in the very nature of the facts, must be deficient.

While it is true that some one or more things in any of the systems may answer the purpose sometimes, it may not answer in all cases.

Considering the fact that the practice of the healing art is not always a certainty, as regards results, it is well to consider one special thing, in all cases, and all kinds of human ailments—that is, the circulation of the fluids of the body, and the freedom of the nervous system. **"TAKE OFF THE PRESSURE"** is always in order, in the treatment of all diseases—Neuropathically.

Whatever may be the matter, see to the establishment of the circulation of the blood and other fluids and the freedom from pressure of the NERVOUS SYSTEM, and in nearly all cases that will be all that need be done to relieve the trouble.

There is much ado about nomenclature—naming disease—and the fear of doing something wrong, or not prescribing for the right disease, especially among physicians, so that they will spend more time finding effects, and a name for what they call disease, than conditions, which cause the trouble. Remember that it is folly to treat disease. The proper thing to do is to **remove the conditions which cause the disease**, and the disease is non est—does not exist—it is no more.

If, therefore, you have a case complaining of sore throat, you do not treat the sore; **take off the pressure, which is impeding the venous—return—circulation of the blood, and your sore throat is cured.**

If a case comes to you with Pneumonia, or you go to see such a case, all you have to do is to institute means to relieve the congestion of venous blood, and the pneumonia subsides without any further anxiety.

If a case comes to you complaining of colic, all you have to do is **remove the pressure from the nervous system involved**; generally it is the Splanchnic nerve, or some of its divisions, and the colic vanishes instantaneously.

If a patient comes to you having a **pain** in the arm, your only reasonable way to relieve such a condition is to remove the **pressure on the Brachial plexus of nerves** involved, and the pain is gone at once.

If any of the internal viscera is in pain, the only right way to relieve it is to ascertain what leash of nerves is involved, and **take the pressure off of it**, and the trouble is ended.

If there is accumulation in the intestinal canal, or any part of it, the thing to do is to remove the same, whether

it be by water, or by any other means. The whole thing of treating disease is couched in, and embraced in, the expression—the sentence—“TAKE OFF THE PRESSURE.”

Let it be understood, under any and all circumstances and conditions called disease, that the means to institute, adopt, and carry out are specifically enjoined in the expression, “Take off the PRESSURE.” When this is done, the operator has discharged his whole duty. This is the thing to emphatically consider, and surely do, and the results follow, as morning follows the night, so far as manipulations are concerned, and so far as the internal bath is concerned, in intestinal impactions and congestions following such engorgements.

If there is excessive use of any one or more organs, that should be corrected; instance. the over-use of the eyes, genital organs, or undue exercise, fatigue, overeating and intemperance, inactivity, etc. All of these have their remedy, specifically, and should receive due attention and consideration. Harmony should be established, under all circumstances. in order to be well, and maintained in order to remain well.

Be it always remembered, that the Neuropath is to exercise common sense under all circumstances; be able, intelligently, to improvise the means necessary, the means indicated, and see that the right course is pursued, to consummate the thing desired.

But few conditions will be found where the means recommended herein will not be sufficient—amply sufficient—to satisfy the demands, and satisfy the most incredulous, if carried out as here stated.

Do not have any misgivings; manifest no doubt as to results; launch forth into the arena, panopolied with sufficient knowledge of the human body, to know the difference between a normal and an abnormal condition, to know what and where the obstructions are, and do not hesitate to apply the means in such a manner as to over-

come the difficulties, as they present themselves, one by one, if necessary, and you will have the pleasing satisfaction of seeing your patient recover, oftentimes while administering the remedy, and smile with grateful heartfelt exultations of thanksgiving as a consequence of relief.

This science is the greatest boon to suffering humanity possible to conceive of, so far as intelligent, rational, effective relief is concerned. It reaches the utmost bounds of our highest conception of rational means to remedy the ills of suffering humanity; can be easily learned, thoroughly mastered, and so easily applied that any tyro should be able to give relief, in ever so many cases, which, if let alone, would terminate in disease, and in many cases, death. It shows how to right the wrongs at the beginning, so as to avoid the consequences of neglect, or lack of knowing what should be done.

A FEW WORDS TO THE AFFLICTED

The certainty of effects from the application of Neuropathy places it in the front rank of all of the Healing Sciences, as it is the only one that embraces the entire Nervous, Arterial, Venous, Lymphatic and Glandular systems.

The Nervous system and the circulation of the fluids of the body are the prime factors involved in every condition known as Disease, and they must be liberated—freed from pressure—before they can perform their normal function.

Disease being a product, and a resultant of disturbance of the Circulatory apparatus and the Nervous system, the rational means of relief, or cure, is to remove the irritating cause which disturbs the nerve function, to take off the pressure from the vessels which carry the fluids to and from the heart and lungs.

The means improvised for relieving the nerve irritation and undue pressure on the fluid-carrying vessels instituted by the author of the Science of Neuropathy are the BEST ever devised or used. They do the work.

There remains nothing to be done to accomplish this but the Science of Neuropathy rightly applied. Ample and satisfactory evidence is at hand to verify the superiority of Neuropathy over all other physical manipulations, yet discovered, to satisfy the demands in every condition called disease of a functional character.

The cream of all other Drugless Healing Sciences is utilized when indicated, including Osteopathy, Chiropractic, Naturopathy, Suggestive Therapy, Dietetics, Deep Breathing, Exercise, Correct Habits and all things which tend to restore harmony throughout the body.

It is a serious mistake to presume to cure all conditions through one method of treatment. The indications to be met should be met and the indicated means applied, and the results will always be satisfactory.

There is so much depending upon how the manipulations or adjustments are applied as to the effects they produce. Skilled manipulators should be employed—those who really know how, when, where to apply and when enough, for the condition found.

These are important points for consideration, as they have much to do in all cases of illness. Circumstances, conditions, environments, age, occupation, the character of habits, sex, kind of affection, and degree are essential factors to consider.

The whole body is diseased when one part is affected, because of the relationship of all its parts with each other, through the Sympathetic Nervous System.

The influences which bring about undue pressure upon blood-vessels and nerves are numerous and varied. Irritation of nerve endings in muscles, causes contraction of muscle-fibers, which surround blood-vessels and nerve filaments. That inhibits nerve function and arrests the circulation of the fluids in the blood-vessels.

Inflation of any part of the hollow viscera is another source of pressure, not only in the walls of the organ inflated, but the expansion is often extended to surrounding organs; they may continue the pressure on still others, and thus involve many; instance, IMPACTION of Colon.

What Impaction of the Colon May Do.

It may cause Appendicitis, Constipation, Proctitis, Peritonitis, Colitis, Hepatitis, Inflammation of the Pancreas, Stomach, interference of the action of the Diaphragm, Heart troubles of various kinds, and even extend to the Pleura, Pericardium and the Respiratory organs—the Lungs. It will be seen, from even a casual observation,

that almost every condition of an abnormal character, in the internal viscera, may be caused by impaction of the colon.

Impeded venous circulation—always due to undue pressure from some of the simplest causes—is responsible for many human ills. Irritation of the nerves produces what is commonly called Muscular Insufficiency, Nerve strain, Nerve waste, Cross-eyes (*Strabismus*), Vertigo, Headache, Neurasthenia, and many other conditions. Muscle strain, commonly so-called, which produces Asthenopia, Conjunctivitis, etc., is strain of the Nerves.

The excessive use of any organ in the body results in some disorder in the organ, and more or less exhaustion, or debility of the entire body. From an enervated condition, due to excessive use of the nerves in any one or more organs, Tumors may result, Constipation, Headaches, Neuralgia, Cataract, and many other disorders.

Irritation of the nerves of the neck causes impeded venous return circulation, and any sort of trouble may ensue, in the head or face.

Muscular contracture of any or all of the muscles along the spine—from the nape of the neck to the end of the coccyx—causes diseased or painful conditions in the organ or part where said contracted nerves end—be their endings in other muscles along the spine, or in some internal organ. Continued contracture may produce Spinal Curvature, or any other disorder common to humanity.

Neuropathy Teaches What Needs to Be Done to Relieve Human Suffering.

It teaches what constitutes disease, its principal causes, and how to right the wrongs—restore the normal conditions in a natural manner by removing the abnormalities and thus harmonizing the body with itself.

The Neuropath is like the pioneer of the forest in a new field of labor. He finds himself surrounded with im-

mense trees, whose tall branches reach skyward, whose foliage obscures the light of day and seem as barriers to his progress, with no shimmering light to brighten his pathway.

Darkness and gloom hover over him as a pall and enclose around him, lessening his horizon so that no way out seems possible; every effort seems fruitless and abortive. No ray of light seems to enter the darkness to let in the sunshine, and hope seems almost obliterated. The gloom thickens, hope sinks to despair, the darkness increases until all is one great cloud let down and completely overwhelms him.

In darkness and despair he makes an effort to extricate himself, and begins to think. He turns his thoughts inward. Hope begins to assert itself. Self interest demands an effort; he makes it. He begins to fell the trees.

In this effort a light gleams through the opening made. The light seen inspires hope. The effort is renewed; another and larger ray penetrates his dark abode. He continues his struggle, and in time he finds himself out in the full glare of unobstructed sunlight, amid beams of indescribable and permanent beauty. As he eagerly views the situation, he finds himself in an open field; everything, with open arms, invites him onward.

Darkness has passed, the obstacles have been overcome; the field is clear, and the landscape invites him to bask in the sunshine and balmy air, to utilize the knowledge gained by the trials endured, to press forward and to share the bounties strewn broadcast everywhere before him.

This is now the condition in which Neuropathy is environed—full of hope. Opportunities innumerable are offered; the student is bidden welcome to reach forth and partake of its emoluments and share its blessings.

The science has a footing, a reputation, and is on the road to successful and lasting achievements; no obstacles will be too much for the Neuropath to overcome; as he advances, new fields will open and invite him on.

A GENERAL SUMMING UP OF THE PHILOSOPHY AND REITERATION OF NEUROPATHY

In summing up the various phases of the philosophy and principles of the science of Neuropathy, it will assist the student to comprehend at a glance the reasons, without having to search the many details as applied to the special applications to the various conditions denominated disease.

The Motto is: "Take Off the Pressure."

It will be understood that all diseases are products, and these products are results of pressure upon nerve filaments, or fluid-carrying vessels, causing a disturbance in the normal functioning of organs, or parts to which said vessels or nerve filaments go or in which they end.

Assuming that undue pressure upon nerve filaments and fluid-carrying vessels interferes with their function and causes disease, it becomes a matter of the first consideration to remove the obstruction—the pressure—the cause of the disturbance. If this is not done, the disturbing cause remains, and as a consequence the results remain.

Whatever causes the obstruction or the interference of the function of any organ in the body is the thing which demands the special attention of the one who assumes the role of manipulator, physician, healer, doctor.

Irritation Causes Muscular Contraction.

Temporary irritation may not cause any permanent disturbance, but if continued may result in permanent contraction of muscular fibers, interfering with vessels passing through or into the parts contracted, and disturb their function, or functions, causing inharmony—disease.

The consequences, even of a slight disturbance, cannot always be determined, the special organs affected, nor the character of the affection which may occur from said pressure; but some pathological effect will ensue. What that effect will be, depends upon the tissues involved.

It is not wise to prognose the consequences of nerve pressure, nor to predict what effect muscular contraction will produce, for impediment to venous circulation is often fraught with the severest consequences, culminating in very painful affections and destruction of tissue, often terminating in death.

Too much stress cannot be placed upon the venous circulation, because it may become the prime factor in many ailments, and culminate in direful consequences to the person who is unfortunate enough to be afflicted in this way.

Taking off the pressure is the only remedy indicated.

It is the function of muscles to CONTRACT. There are 527 muscles on the bones of the human body, and 208 bones. The muscles have their origin and their insertion in the bones—or in the periosteum which surrounds the bones—which constitute the anchorage of the muscles.

All movements are caused by muscular contraction. Muscular contraction is caused by nerve irritation, commonly called nerve influence or impulse.

Whatever causes undue and protracted nerve influence produces contraction of muscular fibers. Inasmuch as blood vessels and fluid-carrying vessels enter into muscles, terminate in them, or pass through them and end in other muscles, tissue or organ, if the muscular fibers contract, they close around the vessels or nerves and interfere with their function, retard the onward flow of the fluids or interfere with the nerve filaments, and in so doing change, modify or arrest their function.

The functional disturbance caused by the muscular contraction around the vessels aforesaid—if continued be-

yond a reasonable time, or persisted in—causes inharmony in the body, and this inharmony is of such a character as to produce disease.

Disease is a product, a result of too much and too long continued muscular contracture around venous blood-carrying vessels, or nerve filaments. The Lymphatics are likewise interfered with by muscular contracture. The lymph-carrying vessels, if unduly pressed upon, cause disease the same as the pressure on the veins, veinlets, or nerve fibers; hence the pressure causes interference with the functioning of the above named vessels.

As little as may be thought of this matter, when investigation has been made, it will be ascertained that the prime cause of all diseases originates in undue pressure, somewhere, somehow, or everywhere, in the body.

The rigidity—the contracture of muscular fiber—is caused by any and all abnormal or unnatural influences, such as cold, friction, pressure, excitement, too much labor on any set or leash of nerves functioning an organ, unnatural positions maintained too long at one time, over-eating, retention of waste or refuse, either in the colon or stomach, or intestinal canal; constipation or tumors, and perhaps other conditions not now thought of.

Contracted muscular fibers which interfere with large vessels are sometimes the direct cause of disease; instance, the Clavicles may be drawn against the Jugular vein, and any kind of disease may result—such as goiter, tonsilitis, sore throat of any character, inflammation of the brain, eyes, nose, pharynx, larynx, a catarrhal condition, erysipelas, or any other disease of the head.

FOR SPECIAL CONSIDERATION

In the treatment of all conditions called disease, the manipulator should bear in mind the necessity of the following special considerations:

1st—That the patient who comes to be treated has something to be relieved of, some sort of ailment which needs to be cured.

2nd—That all abnormal conditions, however slight, or how little they affect the person for the time being, should be looked after and removed at once.

3rd—That acute diseases become chronic by neglect. Diseases are easily cured if the cause is removed and conditions changed from the abnormal to the normal.

4th—The cause of almost all conditions called disease can be easily ascertained by a careful examination of the following: The character and locality of the pain; the condition of the circulation of the blood and other fluids of the body; the condition of the digestive organs; the condition of the bowels—whether constipated or the contrary; the condition of the urinary organs; the character of the urinary secretions; the condition of the genital organs; the color and condition of the glandular organs—their secretions; condition of the Liver, Stomach, Colon, Heart, Lungs, Muscles, Bones, Joints, Skin, Eyes, Nasal organs—in a word, every function and every organ which performs function in the body should receive special attention—and the character of the affection is important to know.

5th—The anatomy and the physiology of the body cannot be too well known, for every part of the body is correlated with every other part of the body, and when one part is out of harmony, all of the rest sympathizes

with it—and this causes inharmony, and inharmony is disease.

6th—There are **THREE** conditions of the body which demand special consideration under all circumstances; and in all cases where disease is suspected or exists. These are: The condition of the circulation; the condition of the nervous system; the condition of the nutritive functions. Unless these functionaries are in a normal condition, something is wrong, and unless the wrong is righted, there will continue to be inharmony throughout the body, and it may prove disastrous and culminate in discomfort, disease and death.

7th—Whatever form a disease may assume, and by what name designated, one or all of above conditions will be found to exist, and oftentimes found to be the cause of the disease—in fact, the prime cause, for a disturbance of either of the organs which function any part of it, produces inharmony, and that is disease.

Almost all diseases originate in a disturbed venous circulation of the blood. If the veins are closed by muscular contraction, in their attempt to return the blood to the heart and lungs, the blood fails to receive oxygen; hence remains impure, and any disease may ensue as a consequence.

If the **Nervous system** is interfered with abnormally—that is, so pressed as to interfere with its normal functions—confusion reigns throughout the body.

The **Nervous system** performs all the functions of the body, in a way—that is, it superintends and directs all action, sensation and sympathy throughout the entire body at all times, when undisturbed; but when any part is unduly interfered with—pressed upon, irritated beyond its normal functioning—there follows some abnormal condition in the organs or parts where said nerves end.

That condition will continue until said disturbance ceases or is removed. This is one of the three prime

causes of disease, and must not be overlooked in the treatment of all conditions called disease.

If the Motor nervous system is disturbed, excessive or deficient action ensues.

If the Sensory nervous system is disturbed, sensation is disturbed, and pain may ensue, or may not be recognized at all; sensation may be lost—destroyed.

If the Sympathetic nervous system is unduly disturbed, sympathy is interfered with, nutrition is disturbed, mal-assimilation is the result, as well as mental communication and knowledge of action and sensation fail. The Sympathetic nervous system is the superintendent of all bodily function. It becomes the prime factor in directing every function, and deserves special consideration.

Nutrition is an essential in all conditions of life, whether sick or well. The perpetuity of life depends upon nutrition—nourishment—renewal of elements. The elements which constitute the physical organism are chemical elements. These elements are in the food eaten, and the food must be taken into the body in proper quantities, at proper times, containing the normal elements, be properly digested and assimilated in order to build up new tissue, renew the old or worn-out tissue, and the waste must be eliminated.

The physician should be familiar with the physiological functions of the body, and its needs, manner of functioning its various parts, and how to meet conditions which right wrongs under all circumstances, to restore harmony—restore the normal circulation, take the pressure off of the nervous system and blood vessels, and direct the proper nourishment needed to build up the entire body to maintain strength and generate the physical forces which express themselves in what is denominated life.

These and more are all embraced in Neuropathy. Everything that conduces to restore harmony and bring about conditions which restore the afflicted to a state which is called health come under the preview of Neuropathy. No physical manipulatory system embraces so much or does so much as Neuropathy.

INHARMONY MEANS INCOORDINATION OF THE SYSTEM WITH ITSELF

It is said by one wiser than man, that "Every seed brings forth after its kind." It is also said by the same authority that "Whatever a man sows shall he also reap."

The question would naturally be asked: What has either of the above declarations to do with the caption of this narrative, or proposition? Harmony, absolutely, has reference to Deity, relatively to material things. What we wish to discuss as regards harmony, is in reference to our physical condition as regards health and disease. When the elementary constituents, of which the body is composed, are in due proportion, the Muscles, Bones, Arteries, Veins and Nerves are in a normal condition, each performing its proper function, there is that state prevailing which we denominate health.

Incoordination is a condition which is regarded as "lack of the normal adjustment of muscular actions; failure of organs to work harmoniously—that condition which leads to great and sudden irregularity of movement." This, when applied to the physical body, is that condition which is denominated Disease.

Harmony of function is denominated physiological; inharmony is Pathological. Physiological conditions are normal conditions, and relate to the functions of the various organs and parts of the body, and this is denominated natural; co-ordination; harmony.

Incoordination of the system with itself is synonymous with pathology. Pathology means a diseased or unnatural state or condition anywhere in, or including the entire body, or that state in which all of its parts, or any

one or more parts, are not performing their normal functions, or not capable of doing so, or are doing more than is natural for them to do.

Inasmuch, therefore, as health is a natural condition, or recognized as such, how it is possible that offenses or sicknesses come? What causes sickness?

In answering this question, when we stop to think, it requires a consideration of many things and conditions. It is said, "As a man thinketh in his heart, so is he"; therefore, thought has much to do with the production of pathological conditions, as well as the preservation of health.

All rational human beings act as they think; hence actions are products of thought. Traumatism and accidents excepted—it is rational that disease is a product of thought, or the execution of the will power in the wrong direction; or to mental incoordination, brought about by will power exercised in the formation of some injurious habit which culminated in conditions called disease; or unnatural conditions which might never have occurred, had the will power been directed along proper channels, when conditions were such as would have changed results altogether.

If disease were natural, then it would be wrong to use any means whatever to relieve the person afflicted; but being unnatural, and incompatible with the well-being of any one, it is right to bring to bear the proper agencies which produce harmony.

The etiology of disease is usually found within the body of the person afflicted, and generally the result of something the one afflicted has done, which has changed the harmony to inharmony.

Every function normally performed is a product of thought, conveyed through nerve filaments; hence if the structure in which the nerve filaments end is normal, the function is natural—provided there is no disturbance of

the filament of the nervous system from its origin in the brain to where it ends in the tissue in which it performs its function, or should perform it.

Interference of nerve function causes disease; and this interference involves so much that a few explanations are necessary to make the subject clear to the mind of the reader.

The body is composed of elements; these elements being products of the food, air and water. The elements are in the food eaten, and through special functions performed in the glandular system through nerve terminals, special secretions are extracted from the blood—as it passes through the glands—which digest the food and control its course through channels into the heart, thence to the lungs, where it is changed into blood.

The process of making blood which builds up nerve, bone, muscle, tendon, and tissue, is a product of mind expressed at nerve endings. Mind permeates every tissue and cell, controls every action, sensation, motion, and sympathetic influence experienced by man, through the nervous system.

All function, including all action, sensation and sympathy, is a product. The muscular system is used in expressing action, the action and contraction being expressed by nerve influence; all vessels which pass through them are affected by the muscular contraction—contraction being the only function muscles have.

The venous blood and nerve filaments are affected by muscular contraction. Impeded flow of venous blood, and either stimulation or paralysis occurs, as a result of muscular contraction—and effects follow which produce inharmony.

THE SUMMARY OF THINGS TO CONSIDER

It should be understood that the body is a unit; that all of its parts constitute the whole; that every organ is related to every other organ; that all of the fluids necessarily traverse all parts of the body, pass through every tube, cavity and tissue, leaving some of their elements here and there and everywhere needed; that the sympathetic nervous system directs and superintends the whole body, and sees to it that every cell and tissue is performing its allotted purpose at all times.

The normal condition is when every part is performing its function without friction, when the fluids circulate through every part, the functions of the entire body are performed without friction or pain. This state of affairs is denominated health.

A deviation from this state, in any way, manner, or in any degree, is regarded as disease. A diseased condition of any part, no matter how minute it be—even to a molecule—sooner or later affects the entire physical and mental organism of the body.

The irritation of a nerve may cause a contraction of some tissue or muscular fiber; undue pressure upon a delicate structure, perhaps a fluid-carrying vessel, obstructs the flow, causes disturbance of function, results in disturbance of some other organ, and this may be the starting point of local or general disturbance throughout the body. A little disturbance may cause a great disturbance, even to the extent of producing fever, pains, inflammation, enlargement of bone, gland, tonsil, congestion of a part, thus disturbing the whole body, rendering it incapable of performing normal function.

These conditions are of every day occurrence. Disease

seems to be the common lot of the human race. All this, because of a lack of knowledge of the laws of life, and the world stands in awe, with the expression of the Apostle James staring them in the face: "Behold, how great a matter a little fire kindleth!"

The Neuropath takes into consideration the various functions of the body, of every organ, vessel and tissue.

He considers the functions of the nervous, venous and arterial systems, the lymphatics, the glandular system, the internal viscera, the skin, the lungs, heart, liver, spleen, the pancreas, the brain, kidneys, the procreative organs and their function, the digestive organs, the eliminative organs, the bowels, colon, rectum, muscular structure and their function; the relationship existing between one organ and another, and the relationship of all of the organs with each other—in a word, the physiology of the entire body.

Without some degree of knowledge of this wonderful structure, it would seem like folly to undertake to determine its functions and to be able to determine the difference between a normal and an abnormal condition, thus be able to render the proper assistance when needed.

A careful perusal of this book will afford such information as will be needed to right the wrongs, whatever they may be, or wherever found in the body.

If the abnormal condition be due to obstructed flow of the venous blood, such means must be instituted as will remove the pressure causing the obstruction. This is done by manipulating the muscles, or stretching them a little beyond normal, causing them to relax, and thus remove the pressure; this suffices.

If the nerve filaments are involved, the same procedure should be pursued, then they perform normal function; disease or pain subsides.

It may be necessary to use considerable force to overcome the rigidity of the muscular fiber; persistence for

several minutes in some cases, before the contracture is overcome.

This manipulatory process is essential to the restoration of the venous circulation in all diseased conditions of the head and neck. The muscles should be manipulated, the clavicle raised, so that the venous blood may be permitted to pass through the jugular veins to the heart.

The chest muscles may have to be stretched to relax them, so the venous blood can return through its channels, back to the vena-azigos, and be carried back to the heart, and to the lungs to be oxygenated. These manipulations are shown and described in the book.

The lower limbs may require the same attention, for the same purpose. The Saphenous vein may have to be manipulated to open the channel which empties the venous blood from the lower limbs, which is an essential thing to do, in case of edema of the lower limbs, varicose veins, or ulcers of the lower limbs, to effect a cure.

The spines may be distorted from excessive irritation and contracture of some or all of the five layers of dorsal muscles, and it may require adjustments of a greater or lesser force to overcome the contracture and remove the pressure from veins and nerves involved, so as to relieve the distortion and pain, and the contour of the spinous processes be restored to their normal positions.

Patients, or individuals, come to the place where they can find relief; that is their object in going to a doctor—to get relief.

The Neuropath has but one thing to do to relieve all pain, and in order to do this he must **“Remove the Pressure,”** wherever it may be, or wherever found, causing the disease, pain or ailment complained of.

If the nervous system is unduly interfered with, that disturbance must be removed; if the throat is sore; the tonsils enlarged; if there be croup; if erysipelas; if there be fever; if there be appendicitis; if there be impacted

colon; the means must be instituted to remove the pressure from the nerves, veins and muscles involved, and the difficulty will be overcome.

If the spine is involved in any way whatever, causing the disease, it should have due attention. If there be any disease of the internal organs, due to interference of any portion of the spine, it is to be corrected. Disease is only a product, and when the conditions which cause the disease, and keep it up, are changed from abnormal to normal, the disease ceases to be.

The object of this book is to impress upon the minds of its readers the importance of studying how to remove the pressure, wherever that may be found. Rest assured that this, carried out, is all that is needed to restore harmony throughout the body. The various mechanical means recommended herein are sufficient for all practical purposes, whether it be done with the hands; a word; a suggestion; irrigation of the colon; wearing the proper lenses; lessening the amount of ingesta; the use of antidotes to chemical poisons in the system, or the neutralization of toxic poisons; whatever is necessary to restore the system to a harmonious condition, which means health.

It is not a question of this remedy for this disease, nor such a medicine for that disease; but the question is, and should be at all times, what is the matter, what caused the condition, what is perpetuating the conditions existing, what will change the conditions and bring about a normal state?

When the philosophy of the science of Neuropathy is understood, and the means used which carry out its principles are applied, it will be found adequate to the relief of the various functional human ills.

There will not be needed, in the way of medicines, but few, if any even of the simplest and least harmful kinds.

The Tissue Elements, and the proper food, water, air and exercise, with normal and deep breathing, sleep and rest, with proper thoughts and a temperate life, insure health, happiness and longevity.

THE RECOGNITION OF THE TWO FORCES

The **Two Forces** are regarded as the Positive and the Negative Poles of a Battery. The two kinds of secretions—the Acid and the Alkaline—found in the body are the products.

These products exercise a controlling influence over every tissue and organ, and control the digestion, assimilation and eliminating processes going on all the time throughout the entire body, producing every change which takes place in every part, and regulating the kind and quantity of chemical ingredients needed any and everywhere in the body during the life of the individual.

Inasmuch as human electricity is distributed everywhere and exercises a controlling influence over matter, it is essential that it be so regulated as to harmonize everything related to the formation of and coordination of atoms, molecules and local batteries throughout the entire organism, so that there shall be kept up a natural change of structure and the relation of every part—keeping up the harmony at all times.

These **Two Forces** may be united in dorsal area from the fifth to the twelfth, whether the Pneumogastric nerves are at fault or the Splanchnic nerves are impinged or in any way interfered with in performing their function, or functions.

The mind is the power expressed through the nerve filaments, and each filament or bundle of filaments, functions itself at the endings of the nerves, whatever that function may be—whether separating from the blood certain elements or changing elementary constituents, or distributing elements or building up tissue.

The mind, through the nervous system, has complete

control of the Skin, Liver, Kidneys, Stomach, Heart, Lungs, Genitalia, and all parts of the body, including the brain as well.

The Functions of the Two Forces in the Body.

That certain Glands secrete Acidity and others Alkalinity in the body needs no more proof than the assertion; it is so. Instances: Salivary and Peptic Glands. If these secretions are not needed, and each have not a special function, why are they manufactured?

That the Nervous system, known as the Pneumogastric, secretes Acids needs only a little observation to confirm the fact; and that it controls the vascular action of the fluids of the alimentary canal we have ample proof, in certain localities.

That the Splanchnic Nervous system, beginning at the fifth Dorsal vertebra and ending at the twelfth Dorsal vertebra, has for its function the manufacture of the Alkaline secretions, is proven by its endings. From this region we have the secretions of the Liver manufactured, as well as those of the Pancreas—and these furnish that element which is known as Alkali, which is distributed through the entire body by the systemic circulatory apparatus.

The adjustment of the spine anywhere from the fifth to the twelfth Dorsal vertebra, neutralizes an excess which may prevail in either of the two departments controlled by the two nervous systems—the Pneumogastric and Splanchnic.

The thrust in the back does not “adjust a subluxation,” but takes the pressure off of the nervous system which passes through the muscles along the spine, and their functions are at once re-established.

THE ESSENTIALITY OF MOTION

The principal sign of life is motion. Motion expresses life. From the smallest atomic cell to the largest sphere that rolls in space, motion is characteristic.

From the gentle zephyr to the monsoon which carries in its wake great mountains of sand along its pathway, or the tornado of the western plains which spends its force in destructive violence in forest, city or hamlet, leaving waste the area of its pathway, we see what motion does and is.

Motion being an essential to life, and of life, becomes the more interesting as we enter into a study of its relationship with all things that have to do with our physical well-being.

The most important consideration which concerns every individual is the method each ought to pursue to sustain normal conditions.

Normal conditions are health, being those conditions in which a freedom of circulation of all of the fluids of the body exist, so that each and every organ performs every function in a natural manner.

Inharmony, anywhere in the physical body, is indicative of interference of the circulation of the fluids—the moving elements—in channels through which the fluids normally flow, and through sympathy—a condition maintained through the sympathetic nervous system—the disturbance is manifest, showing conclusively that an intimate relationship exists throughout the body—is expressed through the circulation of the fluids therein.

That method of treatment which restores the normal circulation of all of the fluids of the body, is the rational one to apply.

The entire body is composed of cylinders—tubes;

even the nerves; and through these tubes the fluids pass; composed of the vitalizing elements which make up the constituents of the body.

The media of communication of mentality, or mind, which directs and superintends the entire body, in every and all its parts, is carried on through these tubes, and an unseen power guides each atom to its proper place and gathers each molecule from its place, in the tissue, and places it alongside its fellow to form batteries, where needed, to maintain the motion necessary to form new elements by producing chemical changes.

This order must be maintained at all times to make up that condition which is denominated harmony, which, in other phraseology, means health. Interference with these normal changes at any time involves the entire change in the whole organism, however minute the change may be; and this must be restored, for, if left alone, it would eventually destroy the entire structure.

While the human body is so fearfully and wonderfully made, and includes so many chemical elements, and provided with such a variety of intricate textures—atoms, molecules, nerves, muscles, bones and vessels, glands, liver, stomach, kidneys and every tissue in the body—these are the product of ingesta, what is eaten, or received into the stomach.

The digestive organs prepare the food for assimilation and conversion into new material; but the alimentary tract must be in a normal condition, and the glandular system which furnishes the secretions which digest the food, must be normal.

We Should Use Brain Power.

The exercise of the mind in planning business enterprises, while the food is digesting, or the process of digestion is going on—especially the first part of it—is wrong.

When food is introduced into the mouth, the glandular

system begins its work, secreting the fluids which are to be used, mixed with the food to prepare it for assimilation, or to be taken up into the absorbents in the mucous membrane of the digestive tract, or the alimentary apparatus.

Each division of the alimentary tract—from the mouth to the duodenum—has special departments, in which certain processes are accomplished, which must be done by that department or it is not done at all; hence the necessity of letting the process perform its allotted task, undisturbed.

The salivary glands secrete the saliva which mixes with the food to prepare it for the next department—the stomach. In the stomach another process takes place, with different kinds of glands, which manufacture a different kind of secretion, and an emulsification takes place in this department. The secretions here are acid secretions; whereas, in the mouth an alkaline secretion is manufactured; and now, in the stomach, these are all blended together in the process of emulsification, and after being thoroughly mixed together, the product is ushered onward—through the pyloric orifice—into another department—the Duodenum—and there meets with another alkaline secretion from the Pancreas and the Liver where the process of digestion is completed. These several departments are separately controlled by the nervous system, whose function it is to superintend the several departments of the human cosmos—the living body.

The point of interest involved is, that the nervous system should have complete control of whatever process is going on in the body, at all times, or the whole body, sooner or later, begins to express itself in some manner which is experienced in failure to perform function in the parts used, or exercised; the nervous system shows signs of exhaustion or inefficiency to properly perform normal function.

The stomach and all of the digestive organs are con-

nected in the process of preparation of the food for assimilation, being the laboratory where the material is prepared which furnishes the supply to be used in building up the various departments of the body, and it should not be thwarted in its designs by interference in any way.

Elimination Essential to Health.

The energy we use in the elimination of the excess of what we eat and what results from the burned up tissue in executing the functions of our organism, in various ways, causes enervation.

If the skin becomes the eliminating organ we have eczema, shingles, boils, etc. If the mucous membrane becomes the eliminating organ, there will be throat troubles; fistula, piles, etc., catarrh, consumption and even pneumonia.

Failure to recognize these facts is the cause of the misunderstanding of the origin of disease, and how to cure it.

Some of the Many Desirable Features Derived From Being a Neuropathic Physician.

One of the desirable features in the practice of this method of treatment is its certain and satisfactory results.

Another especially desirable feature is its immediate and positive remedial effects—the patient experiencing relief at the first treatment.

The treatments are not exhaustive, but really restful, curative, absolutely harmless, and applicable to all conditions, to the afflicted of all ages, to all diseases, and afford quicker and more lasting benefits than any other mechanical system known.

The Neuropath gets directly at the CAUSES of conditions and knows how to, and does, remove them, and

disease subsides—in many cases, immediately—without “making worse to make better.”

The treatments are not lengthy, nor wearisome to the patient. The Nervous system is relieved from pressure, and its function restored; the circulation of the blood and other fluids of the body is re-established; all of the functions of every organ, muscle, nerve, vein, artery, capillary and lymphatic is favorably influenced; the normal condition restored.

If you desire to get well, from whatever ailment you have, an investigation of our claims will satisfy you that Neuropathy contains all necessary means to accomplish the purpose.

The restoration of the individual to harmony is all that can be done by human skill, and the educated Neuropath has the best possible means of doing this; and any case, not in a condition of human impossibilities, can be relieved by Neuropathic treatment, proper dietetics, right habits and deep breathing. There is no better system known than this.

THE QUESTION—"WHY EMBRACE SO MANY METHODS?"

The idea of relieving the complications called disease by a single method of procedure is *prima facie* evidence of the limitations of knowledge of the human body.

The various functions which are performed in and throughout the body, all differing one from the other, all in harmony with every other part, it would seem to the casual observer that every function were only a part of the whole, and that there was only one function.

The nervous system is the principal functionary, and it is through the various filaments of this system that all functions are manifested.

Each organ is functioned by a group of nerve filaments which end in that special organ; each organ functioned by separate and independent groups of nerve filaments; there being separate secretions needed to perform certain functions for certain purposes, and to keep the supply of the several elementary constituents of the body, it is a matter of necessity that each organ performs its normal function, so that there be no superfluity or incompatible combination result, which would cause unnatural chemical changes, that would cause disease or destruction of the whole body.

Sometimes a disturbance of one set of vessels causes inharmony; sometimes another set of vessels causes quite a different condition, and so on throughout the various parts of the body; each condition may require an entirely different means to right the wrong, and restore the harmony.

Some cases require a spinal adjustment; some cases

the stretching of a muscle; sometimes an irrigation of the colon; sometimes the desensitization of some portion of the nervous system; sometimes an emetic; sometimes a cathartic; sometimes a change in diet; sometimes a fast; sometimes a bath; sometimes heat applied to a part; sometimes cold; sometimes an arrest of nerve waste; sometimes exercise; sometimes special deep breathing; and often only a suggestion, change of thought, manner, habit, vocation, locality, environment.

One kind of treatment for all the conditions, is like eating one kind of food and expecting the normal elements in the body to be supplied therefrom. It is not reasonable, nor is it practicable. It is better to lay aside prejudice, and use common sense in all cases and conditions. Do not become stereotyped in any mold that is not any larger than the environments of one mentality.

The means are ample for all purposes, under all conditions and circumstances which may arise, or be found in disease. They may be summed up in a few words, and these words are the culmination of many years of observation and experience. "Take off the Pressure" embraces the whole philosophy of the science of healing; for no unnatural condition exists where there is no undue pressure upon some nerve, vein, capillary, or fluid-carrying vessel.

This condition may be a result of shock, fear, anxiety, pressure, traumatism, excess, stimulation, incompatibles in diet, overloading the stomach. The indications met and overcome, restore harmony. Those who read this book will find ample instructions to meet the various necessities of each and all conditions, provided practical common judgment be exercised. Study is required in order to ascertain the exact nature of the condition in each and every individual.

It should always be a fixed principle in the mind of every one who attempts to relieve a fellow sufferer, to see

what is indicated, to use the remedy with a view of relieving the conditions causing the trouble, persistently, until the object is accomplished.

No stereotyped system is sufficiently inclusive to satisfy every demand. Some methods embrace more than others in given conditions, yet even they seem to lack something. Sometimes additional means need to be used.

The term **Neuropathy** embraces every known means to relieve the conditions and the resources are ample under all ordinary circumstances to give relief.

There are some things the person can do for himself: Breathe. Eat, Sleep, Bathe, Exercise, Think. All of these things are a part of the curriculum essential to the cure of many conditions denominated disease.

The proper exercise and breathing, dieting, bathing and right thinking, constitute the larger share of the things essential to health and comfort in this life, and no one is excusable for not attending to these things.

These attended to as they should be, with assistance in the way of physical manipulations, will be amply sufficient to meet the requirements in the larger per cent of all diseases.

Overfeeding—a process of “INVASION”—overtaxes the entire organism; “Retention” produces the “toxic poisons,” manifesting itself in all manner of symptoms, commonly called disease; and “Enervation” follows, which terminates in disease, and death. The means indicated should be applied, avoiding excess, and see that normal metabolism is constantly carried on; the eliminating organs kept free, and the proper kind and quantity of nutrient material is furnished, with the proper exercise, sleep, and rest; these diligently attended to, all will be well, and life will flow as a peaceful, gentle rivulet to the great ocean beyond. Life is natural, and is perpetuated by natural means, naturally applied. Look well to these fundamental facts, the result will be health.

TREATMENT OF THE BODY FOR DISEASED CONDITIONS

The first thing to consider in the treatment of any disease or abnormal condition is to restore the circulation of the fluids of the body to a normal condition, because, without normal circulation of the fluids of the body, disease will remain.

There are many things to be taken into consideration in the treatment of the body when diseased—or when it is out of harmony with itself. Without a normal circulation of the fluids—especially the blood—toxic effects ensue, a failure of normal secretions in the glandular organs ensues; and if that occurs, especially in those glands which furnish the salivary secretions, as well as in all of the glands which furnish the secretions along the alimentary canal, and these are not permitted to perform their normal functions, there will be a failure of nutrient material to furnish the normal supply to take the place of wasted, or used up, material, as well as new material, to keep the normal supply of tissue to maintain the weight and strength of the body to perform its various and sundry duties in life. The normal circulation is of the first importance in the treatment of all conditions of whatever character, or abnormality found in the body.

The Various Manipulations Necessary.

Inasmuch as there is always some impediment or interference in the circulatory apparatus in all diseases, it becomes a necessity to restore this function to a normal state, or at least bring about a condition which will maintain a normal circulation of the fluids in the body—any and every part of it—to bring about harmony. It must

not be neglected, and the means used must be such as will bring about that condition, or disease will remain—the inharmony will continue.

The means to be applied depends upon the locality and the organs involved. Starting with the Vaso-motor area is of the first importance, and after this part has had the attention, other parts will demand attention, and all of the body should be thoroughly gone over, and seen to that all of the obstructions are removed, and then the conditions will have been met which are generally the causes of the abnormal condition called disease.

When the Vaso-motor nervous system is freed, the arterial circulation is regulated, the capillaries are filled with healthy blood; if the blood contains all of the elements which build up tissue, and the venous system is free from pressure, the results or residue of elements which remain after the supply has been filled in the vicinity of the capillaries, the tissue which has survived the period of usefulness has been dissolved and ushered through the lymphatic tubes into the veins beyond the capillaries and returned back to the heart, thence to the lungs, and purified by oxygenation, the system is in a normal condition to perform its functions, and health should prevail.

MIND—THE CONTROLLING INFLUENCE OF THE BODY

When man was created, made in the image of his Creator, and received the breath of the Almighty, He made him ruler of all things below him—the beasts of the field, the birds of the air and fishes of the mighty deep. He gave him a place and position “a little lower than the angels, crowned him with glory and honor.”

His only restrictions were that man obey Him. Failure to do so brought alienation, disease, death upon the entire race, and that condition remains.

Transgression of law has resulted in a multitude of afflictions, changed the relationship between man and his Creator, and caused man to become incompatible with himself and all things else—especially with himself and his species. So that we find him as he is today—diseased from the crown of his head to the sole of his feet, full of putrefying sores, wretched and undone—all because of his forfeiture of Divine Law.

Disobedience today brings sickness—physical inharmony in the body. This can only be accounted for rationally after learning the elementary constituency of the physical organism and its relationship to itself, and to its environments.

Being composed of the elements of nature, chemically, and the mentality of Divine Power, and these so related that the mind controls the body, it is evident that the body is under law. Whatever this law is, it is what directs every change in the body, controlling the formation and position, growth, and elimination of every molecule formed in the body, and sees to it that nerve and bone and tissue

have their proper equivalent and due proportion in every part of the body.

Every structure, regardless of its size or function, throughout the entire physical frame, is kept supplied with the proper elements, at the proper time, so that the growth and decay of every part goes on with unerring exactitude; that all of the functions, in the various parts of the body, are carried on without lack or hindrance, and that each desire of the mind is furnished without delay, and so harmonized that there is no friction anywhere in the body. This is the order of things when the law is strictly enforced; then there is no lack.

The wisdom of such a law indicates its source—the Divine mind of God. This is the God in man—the power which built all things and holds all things in His own hands, and has given him a law which is perfect, and will continue as long as time is—until the worlds shall be rolled together as a scroll, and the elements shall melt with fervent heat, and time shall be no more.

This is our body. In this body God's power dwells, rules, controls, and He has declared that he who destroys this body, him will He destroy.

The Originator of the Science of Neuropathy Regards the Following Conditions Important.

The human body being composed of so many elements, structures and complications, many things conspiring to produce inharmony or that state denominated disease, its anatomy and physiology should be duly considered.

The 208 bones constituting the frame work, and the muscles, which number 527, the elastic fibrous structure, are the expressions of the various motions, numbering about 14,000. These are supplied with nerves, blood vessels, lymphatics, all being composed of chemical elements, and these undergoing constant changes, it is no

wonder that diseases are liable to occur at any moment.

Each and every organ in the body performs a special, individual, as well as relative and co-ordinated function. It is necessary that every part be in a normal condition, free from unnatural influences, in order to maintain harmony, not only in individual parts, but throughout the entire body.

Interference with the Nervous system—either one of the three divisions—causes changes in the functions it has to perform. If undue pressure takes place on a sensory nerve filament, sensation is changed; if slight, intensity is increased; if excessive, sensation may cease entirely, the effects being governed by the amount of pressure.

The Motor and the Sympathetic nervous systems, **having special functions** to perform, are affected by pressure, and if it is unnatural, the effects will be according. All nerves express their functions at their endings. Nerves end everywhere, in every part of the body. Without freedom from pressure, which, if unnatural, interferes with the function, the nervous system does not, cannot perform normal function. Abnormal function of the nervous system causes inharmony throughout the entire body, and disease is the inevitable consequence.

A normal condition prevails when the nervous system is performing its function in every organ and every part of the body. This is invariably the case; hence the nervous system is an important factor in all conditions of the body denominated disease.

The pressure upon blood vessels is alike injurious, because the circulation of the blood, and other fluids, is interfered with, and diseases of every name and nature are results which follow, especially if the pressure is intensified or continued too long.

SOME SUGGESTIONS REGARDING MANIPULATIONS

In restoring the normal circulation of the fluids of the head and neck, taking off the pressure from the venous system in the head and neck, from the smaller veins, is not always sufficient; for, unless the jugular veins are freed, the manipulation of the muscular structure will have been done in vain, for the blood in the small veins is emptied into the larger veins and larger veins are emptied into the jugular veins.

In order to secure a normal flow of the venous blood from the head and neck, the Clavicles deserve special attention, as they, from contracture of the muscles having their origin in, and others being inserted into that bone, above and below, tend to draw the Clavicles backward at their sternal ends, and press against the Jugular veins, which impedes the return flow to the heart.

Raising the Clavicles is an essential thing to be done, so that the pressure upon the Jugular veins may be removed, in order to permit the free flow of the venous blood to the heart, thus relieving the congestion in head and neck. This done, the pathological conditions cease.

Any manipulations which do not accomplish the purposes above named are useless labor. This is the rational treatment to be instituted, for all conditions denominated disease in the head and neck.

In applying the Science of Neuropathy to relieve nerve-pressure there is a tendency to use too much force. This should be avoided. Just enough to accomplish the purpose should be used, being always careful not to cause unnecessary resistance on the part of the patient; for if

the patient does not maintain a state of relaxation while being manipulated, an extra effort on the part of the operator is required to overcome the rigidity that tends to increase it, and the object of the treatment is thwarted.

The principal object of the physical treatments is to so manipulate the muscular system as to cause complete relaxation of the muscular fibers, so that the small blood and fluid-carrying vessels and the nerve filaments may be free, that their functions may be restored; when that is accomplished, harmony prevails, and disease no longer exists.

That the application of Neuropathy relieves a large class of so-called conditions denominated disease, no one who has had an opportunity to witness the effects can deny, for the worst conditions have been favorably changed to a normal state, when other means have proven themselves ineffectual. This is not an assertion merely, but a demonstrated, indisputable fact.

GENERAL AND SPECIFIC TREATMENT

In giving General Treatment, the entire body receives attention; the principal object being to free the circulation of the blood and other fluids, to relax the muscular system, to relieve any undue pressure upon nerve trunks or nerve filaments, and to restore every part of the body to a normal condition, or as nearly as may be, so that all unnatural conditions may be set to rights, harmonized, as it were, that every part may perform normal function.

General Treatments consist in subjecting the entire body to the various movements and manipulations which will relax the muscular system of the neck, shoulders, arms, body and lower limbs, as per general directions given elsewhere.

The so-called Table Treatment embraces the general treatment. The Sitting Treatment, sitting on a stool, embraces the treatment of the upper part of the body, as shown elsewhere.

The various movements recommended, shown and explained herein, will be found sufficient, as a rule, to accomplish the purposes intended—that of relaxing the muscles, freeing the circulation of the fluids of the body, removing nerve pressure. Others would be superfluous.

Just enough manipulation to answer the purpose intended should be applied, and no more; too much manipulation tends to exhaustion. The manner of application is of special importance, as favorable results are expected when the manipulations are properly, intelligently applied. A careless, haphazard, indifferent manner of applying the manipulations will be unsatisfactory to patient and manipulator; hence the operator should always be in earnest,

with a special object in view—that of relieving the person treated, of the abnormal conditions found.

The Special Treatments apply to special conditions; and the kind of manipulations, the locality, the intensity, the object, are all to be considered, the manipulator holding in mind the effects expected—that of relief from the abnormal conditions existing.

It will be understood that Neuropathic manipulations are more than “spinal adjustment,” and yet “spinal adjustments” are included, if necessary. Use whatever adjustment or manipulation is needed to relieve the condition found; nothing short of this would be just to the one afflicted.

Neuropathy embraces every known means necessary to **take off the pressure and to restore the circulation of the fluids of the body.** There is no other known science which embraces so much, does so much, means so much as Neuropathy.

THE STRUCTURE OF THE SPINAL VERTEBRA

Were it not for the idea which prevails among certain physical manipulators regarding the spinal "Luxations and sub-luxations," I would not make any strictures concerning that theory.

It will be seen, by examining the vertebra, that they are so formed that it is an impossibility to be luxated, or even sub-luxated, without fracture or laceration of ligamentous structure.

A normal condition allows the articulation of the process of the facets, or they would be of no use, but the surfaces of the facets go to their edges, and cannot go beyond without fracture; hence there is no possibility of luxation without fracture and a solution of continuity of structure, or of the processes extending from the bodies of the bone.

The deviations seen are the result of muscular contracture, as seen in spinal curvature, and the slighter deviations of the vertebra, and these are reduced to their normal state by relaxing the muscles involved, the muscles having their origin in the bone deviated. Any one who will examine the anatomical structure of the vertebra will discover the unreasonableness of "sub-luxation or luxation." It would be a waste of time to argue this question further, for one versed in anatomy knows what is stated above is true. It were better the one not versed should study before attempting to argue a question so palpably misleading as the position taken by the advocates of the theory of disease being caused by a sub-luxation or a luxation of bone, causing pressure upon nerves.

The normal, as well as the abnormal deviations—in fact, all motions—are caused by muscular contracture, and they do not act without there is some motive to act, and

the mind permeating the nerve filaments ending in the muscle, or muscles, causes them to move, or act.

The extraordinary contracture, the persistent contracture beyond a normal state, causes all the interference of nerve function, as well as interference of the circulation of the fluids in the vessels passing through the muscle, or muscles contracted.

The above are facts, demonstrable, irrefutable, and lift the cloud of mystery from the mind regarding the cause of disease; and we hope that theory will, ere long, be relegated to the realms of forgetfulness, and be buried so deep that it can never be resurrected to deceive any one.

SOME SPECIAL POINTS FOR CONSIDERATION

In the application of the science of Neuropathy, it should be observed that diseases are not to be treated, nor their names considered, so far as the Neuropath is concerned. Disease is a condition, resulting from circumstances, or accident; in a word, anything which interferes with the normal conditions and functions of the general or special parts of the body is to be attributed "The Cause."

Causes may be **cumulative**, and not manifest immediately, but gradually affect the system until developed into interference of some functioning of one or more organs, producing inharmony, which is denominated disease. Various phases are expressed in the body according to the organs involved, and the degree of influence exerted in the way of pressure, or interference with the circulation of the fluid-carrying vessels, or the chemical changes which take place as a consequence thereof.

The influences are so varied which cause inharmony that they are not always an easy matter to determine, hence may not be so readily removed as some suppose. It is not a safe method of procedure to be always hunting causes of disease and stating that "**as soon as the cause is removed the disease will be cured.**" This is misleading, and not to be regarded as reliable.

The recognition of disease from its symptoms is to Diagnose it. The distinguishing of disease by excluding all other conditions, is termed Diagnosis by Exclusion. The distinguishing diseases between similar symptoms is called Differential Diagnosis. The recognition of disease by external examination is called Physical Diagnosis. The above is considered the Standard method of Diagnosis; but the Neuropath is supposed to use the latter method,

to a greater extent than the others named, inasmuch as physical conditions are expressed through the nervous system, at nerve endings.

If the manipulator knows the anatomy of the nervous system, it is an easy and correct method of ascertaining the organs involved by tracing the nerves from their endings to their origin, or if the nerves emerge from the spinal foramina, to trace them to the exact locality of the pressure causing the disturbance.

Now, inasmuch as the prime cause of physical ills is due to Nerve pressure, and the removal of the pressure relieves the condition existing, it follows that the cause of the trouble can be ascertained and removed by physical manipulations, provided the cause be physical and affects the physical structure of the body, and the manipulator knows how to use his science.

One of the principal causes of disease, or pathological conditions, is improper diet; the combination of food; too many kinds mixed together; too much at a meal; too many meals in a given time—that is, eating them too close together, and without regard to the condition of the system. The manner of eating, and the condition of the mind during meals are to be duly considered.

All food should be thoroughly masticated, to prepare it for digestion. The action of the glands is caused by the movements of the jaw during the process of mastication, and the mixture of the saliva takes place during the grinding of the food, while it remains in the mouth. Mastication should not be neglected, and all foods should be thoroughly insalivated before swallowing.

The mental state is an element in the process of digestion which is seldom considered, and it is of special importance. It will be remembered that the mind permeates every tissue in the body; it controls the functioning of every organ, specially superintending the kind of secretion in each gland, and the distribution where needed. It

has its special time to carry on these functions, determines the purpose, and in special functions the nervous system ending in a part which is to be acted upon, does so by an especial concentration of the mind through those special filaments. The process of digestion being essential to the rebuilding of the system, mind cannot carry on some other function during the process of digestion.

The sympathetic nervous system superintends the digestive process, and should not be diverted to something else; for all of the secretions along the alimentary canal being superintended by mind, through the nervous system, it is important that it be allowed to finish the digestion before being directed elsewhere.

Eating deliberately, slowly, and thoroughly masticating the food, being quiet mentally, thinking along lines which do not require fixedness of thought, entering into a conversation not requiring mental concentration, and allowing the meal to be eaten with gladness and singleness of heart, then giving time for the digestive process to have accomplished its task—say half to one hour—giving time to get the digestion well under way, will insure completion of digestion. Then the food will nourish the body. The mind may then be directed to business or something which requires it in some other way. These facts are important.

Unnatural methods of breathing may become factors in causing disease.

If the air cells are not expanded as the blood passes between them, the blood is not oxygenated; hence passes back into the heart and out through the body unpurified, and lessens the nutritive qualities to that extent, and becomes a source of toxemia, or poisoning the entire body, causing irritation, disease.

The failure to expand the air cells in the lungs may be due to muscular contracture of the chest-walls, the intercostals, etc., which lessens the capacity to expand the

air cells. This condition may be effected also by contracture of the muscular structure of the outside walls of the chest; a special cause of the impeded circulation.

It will be remembered that the contracture of muscular fibres presses upon the small veinlets, and the lymphatic tubes which empty into the veins, and both are closed through the muscular contracture, interfering with their function—that of returning their contents to the larger veins, which, finally, empty their contents into the heart.

Thus tracing the causes of disease to their legitimate sources is not always the easiest thing to do. The one who asserts that all kinds of human ailments are traceable to the spine, or to some “luxation or sub-luxation,” is liable to be mistaken, **sometimes**, at least.

Whatever interferes with the circulation of the fluids of the body or interferes with the nervous system, lessening or increasing its function, changes the relationship of the system with itself, and may be the cause of disease. These facts are sufficient data to base a reason for the starting point of the greater number of human ills. •

Although the body is composed of elements, these elements will continue to be renewed, and kept in exact proportion, just so long as the supply is furnished in proper quantities, at the proper time, and other habits do not change the natural order of things.

The human body is composed of such delicate structure, and so susceptible to changes, it is essential all through life that special care be taken, all the time, to keep its every part in order, or leave it to perform its normal functions in its own, natural manner. When from accident, or ignorance, it becomes diseased, one should understand its structure well enough to set it right.

SPECIAL CONSIDERATIONS ABOUT DISEASES

The normal condition of the system being health, it becomes the diagnostician to consider a normal state for comparison, so as to be able to tell the difference—that is, differentiate between the normal and the abnormal conditions.

When every organ is performing its normal function throughout the entire body, the body is in a state of health.

Any organ which is not in harmony with all of the other organs in the body, is regarded as being abnormal, diseased.

The above conditions are general terms, expressing conditions as a whole; for the functioning of the organs of the body may be enervated, all seemingly performing normal functions, yet be abnormal. The enervation, or a condition below par, is a diseased condition, and its cause may be the result of deficiency of the elements in the body due to deficiency of the chemical constituents of the food eaten.

Inharmony is the most frequent characteristic of diseases, and the causes of inharmony may be various and complicated. The interference of the circulation of the blood, in different parts of the body, may be the cause of various kinds of effects, according to the function expressed in a part where the interference occurs, whether in a gland, the heart, lung or other functionary.

The influence of environments may cause changes, mentally as well as physically, which culminate in serious conditions locally or generally, having no relationship with the circulation directly or remotely.

A mental shock may change the normal elements to a

poison, thus contaminate the entire physical body, as has been known in the nursing mother, causing indigestion of her breast-milk, producing spasms of the child. A shock during certain stages of digestion will cause arrest of the process, and may cause diarrhea, or some other trouble, or an arrest of the glandular secretions—the liver; for instance, torpidity.

The normal condition of mind and body; the proper care of the diet, the habits, the mental state are prominent and important factors for consideration, when to be healthy is a desideratum.

While it is a fact that all diseased conditions involve the nervous and venous systems, it is also a fact that other conditions cause the disturbance of the circulation and the nerve irritation.

As stated by "Holy Writ," that a little fire kindleth a big one; if let run its course, so will small deviations from a normal condition culminate in conditions disastrous to the life of the individual.

The contracture of a muscle, slight as it may be, on some nerve or blood-vessel may cause much trouble.

THE RATIONALE OF PHYSICAL MANIPULATIONS

The object of Neuropathic manipulations is to restore harmony everywhere in the body. This can only be done by removing all obstructions to the flow of the fluids, removing the pressure which interferes with the normal functioning of the nervous system.

The muscular system having but one function—that of contraction—it is important to see that the muscular contraction, in any given case, be overcome.

The means usually indicated are, either to stretch the muscle, or muscles, a little beyond the condition in which they are found; immediately the muscle relaxes, the vessels impinged are freed, a normal condition ensues. The pressure is removed; the nerves or blood-vessels involved assume their normal functions; harmony is restored.

This maintains in all parts of the body; when the pressure is removed, a restoration to a normal state is established; this is all that is necessary.

There are conditions, especially of extreme soreness or hyperesthesia of the muscles or the skin over them, that the use of heat may be needed to relax the muscles, to overcome the hypersensitiveness, when the manipulations may be applied to advantage in overcoming the excessive contractility, and thus restore the harmony.

This, to the writer, seems the most reasonable thing to do, or that can be done. As all tissue is a product of food, food is an essential thing to consider.

Friction may be caused by a lack of nutrition, or of some element in the food, or of some diseased condition of the glandular system which has to do in secreting the

normal element needed in the process of digestion; that should receive attention, and the proper means instituted to change conditions, or the disturbance will remain and continue to annoy the patient.

It may be a lack of water, as many people drink too little water. When this is ascertained, the condition should be changed, additional quantities recommended and insisted upon until the system is properly supplied.

The breathing should have due attention, for it is through this means the blood is purified; hence it should never be neglected. Without full expansion of the lungs, the blood is not all oxygenated; it is returned to the system unpurified, and contaminates, more or less, the whole body. The physician, or the patient, should be sure to observe this part of the treatment above all else, as the principal thing to be done in all cases.

The means used to expand the chest-walls, extending the arms, stretching the intercostal muscles, raising the clavicles, uniting the forces, accomplish this purpose better than any means yet devised; it takes off the pressure by relaxing the muscles of respiration. This method answers the purpose, and is all that is necessary to do, and its simplicity commends its use.

THE IMPORTANCE OF PROPER MANIPULATIONS

The results of Neuropathic manipulations cannot be overestimated; for unless properly made they may not be satisfactory; much time and labor uselessly expended.

The object of manipulations is to relieve the pressure which is the cause of the unnatural conditions found, which produce pain, abnormal or pathological conditions.

The contracture of muscular fibers produces many conditions called disease. The blood vessels and nerves being distributed throughout the entire body, vessels carrying the elements to every part, building up tissue, and returning the unused elements to the heart and lungs to be made over; the nerves being distributed to every part of the body, superintending and controlling every molecule, cell and structure, arranging and selecting the amount and kind of elements needed to renew the waste tissue, seeing to it that there be no lack, eliminating any excess, it becomes apparent, that unless a normal condition prevails everywhere throughout the body, at all times, a disturbance arises here and there, due to undue pressure upon the vessels which carry the fluids, or upon the nerve filaments which oversee, superintend and control all and every part in which they end.

If the muscular pressure, caused by undue contraction, interferes with the circulation of the fluids passing through them, in their delicate channels, conveying the blood to parts needing the elements, or preventing the return of the waste material to be recharged with oxygen, chemical changes ensue, and disease results. If the pressure interferes with the nerve filaments, as they pass

through muscles to perform functions where they end, disease results as a consequence.

There should be freedom of the flow of all of the fluids of the body at all times, and no undue or excessive pressure upon the nerve filaments or the fluid-carrying vessels at any time; every tissue should be normal. The normal condition can only be maintained throughout the body by keeping the undue pressure from the vessels which carry the fluids, and from the nerve filaments which function the various parts.

A QUESTION OF DIAGNOSIS CONSIDERED

It is a matter of finding what the matter is with the person who is sick; the name of the disease, locality, and how it may affect the system; its cause, course, termination, general history, and all that pertains to it, together with environments, treatment, etc.

Prognosis is telling, or approximating, the course, how it may end, whether favorable or otherwise, sequela, and its effects upon the patient physically.

The question of diagnosis being a matter of importance, and involving, as it does, the welfare of the patient, the relatives, and the course of treatment, it becomes a matter of great interest, and should receive due consideration.

While it has no special relationship to the treatment, it is a matter of interest and importance to know what the trouble is, where it is, and its probable effects on the entire body.

Every human ailment, no difference how slight or mild it is, affects the entire body, in some degree, through the Sympathetic Nervous System, and causes inharmony throughout the whole organism.

To know the nature of the disease becomes an interesting desideratum of very grave importance; when the disease involves some vital organ, the life of the patient may be dependent upon the knowing how to direct the treatment to restore harmony and avert the unfavorable consequences.

Diagnosis, Neuropathically, so far as a single organ is concerned, is not of so much importance abstractly considered, as it is from a medical standpoint, but the manipulator should have sufficient intelligence, in regard to

conditions, to know what relationship it sustains to the entire body, so as to be able to satisfy the patient, and friends, what the matter is, and what should be done, in any special case, to relieve the system from the diseased state, and to be able to utilize such means as will relieve the patient, to arrest the progress of the disease, and to restore the harmony.

The Neuropath is not supposed to **treat disease**, therefore need not, necessarily, **regard the name of the disease**, only in so far as locality and organs involved are concerned. His business is to restore harmony by instituting means to change the conditions which cause, or perpetuate, the disease.

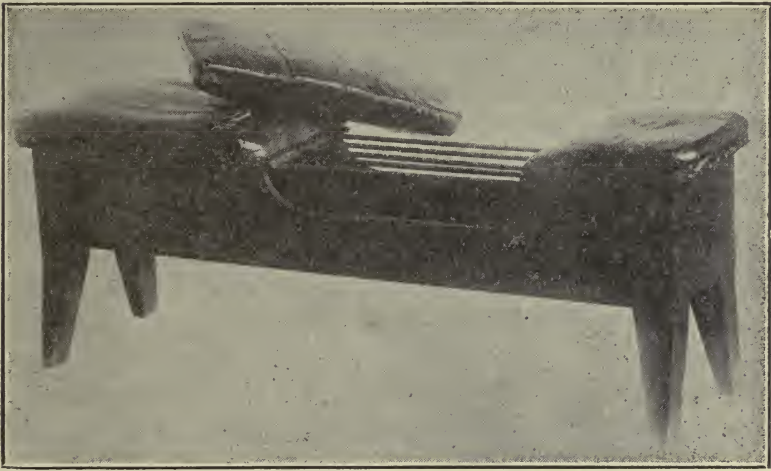
The principal object to be accomplished is to **remove the undue pressue** from the nervous system ending in the part. or free the circulation of the fluids, by taking the pressure off of them, through the means used to relax the muscles through which the vessels pass, in which they are unduly squeezed, their functions interfered with, or entirely aborted.

Whenever the normal condition of the nerves, blood vessels, and muscular contracture, are restored in all parts of the body, disease ceases.

The natural means for restoring the system to a proper, or **normal state**, is to remove the cause—the pressure—producing the abnormal condition.

THE TREATING TABLE

It should be six feet in length; twenty-six inches in width—the top board—and eighteen inches from the end of the table where the operator is to stand, the top board should be left off; a box made extending twenty inches farther and this box should be filled with spiral bed-springs, having them come level with the top of the table; the remainder of the top of the table should be made solid. The springs should be covered with gunny-sack, or some



CUT No. 1 V A—VERTEBRAL ADJUSTMENT TABLE

strong cloth tacked down so as to be secure; then the entire top of the table upholstered about two inches in thickness, so as to make it comfortable for the one being treated to lie on, comfortably.

The top of the table should be level. It should be from twenty-six to thirty inches in height. The top and

side boards should be inch lumber; the frame should be substantially put together; the legs should be at least four inches square—or round—and so framed as not to give way, nor squeak after a few weeks' work on it.

The foot of the table should have its legs a couple of inches shorter, so as to have fastened on them good, strong rollers. This will facilitate convenient mobility of table; by lifting the end opposite, the table can be rolled at pleasure.

For the convenience of adjusting the spine, a small table, or foot-stool, twelve inches in height and about fifteen inches long, may be used to stand on, while treating the spine—which, when not in use, may be slipped under the table out of the way.

The table, above described, is the kind the author uses, and answers every purpose. If preferable, instead of the spiral springs, coil springs may be used, in which case, they will have to be placed lengthwise. It will take seven or eight of them to fill the space. These can be upholstered, same as the spiral springs, or a cushion can be made to fit over them—and removed at will, if thought more convenient for the operator, in spinal adjustment.

I am not favorable to the "Bi-fed Table." The above will be found eminently satisfactory.

PHYSICAL MANIPULATIONS

We mean by physical manipulation, the use of our hands; taking hold of the person, applying physical force sufficient to relax muscular tissue, by overcoming muscular contracture, which permits the fluids to circulate through their channels naturally.

Overcoming Muscular Contracture a Necessity.

In many cases the contracture of muscles produces pain; draws the limbs so strongly that they are useless, sometimes drawing them into positions that interfere with their action, either partially or wholly, causing pain when an attempt is made to use them. The muscular contracture must be overcome in order to restore normal action.

Overcoming abnormal contracture is accomplished by a little extra stretching, temporarily letting go, and repeating the same frequently at one sitting, repeating the process daily, or frequently, until normal action is restored. The limbs are the levers used to stretch the muscles. The operator should always use care not to overstretch, or use unnecessary violence in any case, nor repeat the stretching too many times at one sitting.

Judgment should be exercised, for much harm, and unnecessary pain, may be caused by too rough handling. Just enough force should be used to answer the purpose, and no more. These movements, improvised by the author, are sufficient for all practical purposes, and will be found applicable to all conditions, where physical manipulations are needed, to restore harmony, if properly applied.

The object of these manipulations is to **TAKE OFF THE PRESSURE**. The manipulator should study the nature of each condition to be remedied. **Disease is only a condition**. If certain conditions cause inharmony, the-

thing to do, in order to restore harmony, is to change the conditions from an abnormal to a normal state, and the harmony is necessarily restored.

The onward, natural flow of the fluids of the body, undue pressure taken off, the normal function of the nervous system restored, are the things to be accomplished by the manipulations instituted and herein explained.

Many years of study, observation, practical experience, and teaching these manipulations to students, have demonstrated their utility, to the manipulator, and the manipulated. Their efficiency, in accomplishing the purpose intended, we assure the reader, is all that is needed. They do the work desired, when rightly understood, and properly applied, in the cure of all functional, human ills, where manipulations are needed. We therefore have no hesitancy in submitting them to the careful, earnest consideration of all who are interested in the cure of disease without drugs, as the very best now used, embracing the philosophy of all manipulatory, drugless healing methods in one.

No. 1a. Standing at the head of the table (patient lying on the table on the back), place the hands on either side of the patient's head, heel of hands on pillow beside the head, then close the hands slightly, in such a manner that the ears of patient are enclosed in palms of hands, and the fingers extending along side of the neck—both hands, one on either side. Now place all the fingers touching each other (on the one hand) on one side, and same on the other side; now, with the heel of the hand press against the side of the head, rolling the head over towards, and on the hand, which will then be under the side of the head; continuing this pressure with the heel of the hand on side of the head, letting the fingers of the hand on which the head is lying be cupped a little, and placed firmly against the side of the neck, pressing up against the muscles of the side of the neck, making the pressure of both sides of the head and neck strong enough to make the patient feel the fingers



MANIPULATIONS Nos. 1a and 1b

against the neck and the heel of the other hand on the side of the head.

Just at this juncture, the movements are to be reversed, by the hand on which the head is resting, lifting the fingers from the neck-muscles, and using the heel to press on, and turn the head the other way. These rolling movements should continue several times, and each motion, or rolling of the head, should be made with rather a forceful pressure of the heels of the hands and of the fingers against the side of the neck, changing the fingers each time to some other place on the side of the neck, so as to cover the entire neck muscles.

This is quite a difficult move to comprehend, so as to make it dexterously; but if the student will study the philosophy of the mechanism of it, there will be but little difficulty in making it all right.

The object is to move all the muscles, by pulling them from their moorings, pressing upon them, and stretching them on both sides of the neck. It is simply rolling the head from side to side, pressing with the heel of one hand while the other hand—fingers—are placed against the other side of the neck, and reversing the motions, and changing the locality on the neck with the fingers, repeating the changes until all of the area is covered, and manipulated, and the rigidity of the muscles have been overcome, as much as may be at the one sitting. This treatment is an essential one, for it relaxes the muscles of the neck in a way that no other movement does.

No. 1b. The manipulator may overcome the rigidity of the neck muscles to some considerable degree by placing the hands at the side of the neck, letting the heels of the hands be under the chin, and the fingers extending down to the sides of the neck, heels of hands against the jaw of the patient, and with a swinging, side movement of his body, pulling against the chin, stretch the muscles pretty thoroughly, rolling the head while the extension is being



MANIPULATION No. 2

made, being careful not to use too much force, so as to cause pain.

No. 2. Neck manipulations. Patient on table, lying on back. Manipulator standing at head of table; place fingers of both hands on back of the neck, against sides of Cervical spines, hands being on either side of the neck; place abdomen against top of patient's head, holding it so as not to raise it from the table, then, with the hands, pull against the neck, upward, giving strong enough pull on the fingers to raise the neck to a gentle curve upwards, then slacken the hold, move the body from head, let the head and neck resume their natural position on the pillow. Repeat this move three or four times. This movement stretches the neck muscles.

No. 3. Place one hand under the back of the neck in such a manner that the fingers and thumb embrace the neck just under the skull, on either side, fingers under the mastoid process on one side, and the thumb under the mastoid process on the other side; hold this position firmly, then place the other hand under the chin of the patient, in such a manner as not to choke patient; while the hands are both held in these positions, pull gently, firmly, with the hands, making the pull strong enough to move the feet perceptibly, and while the pulling is kept taut, turn the chin of patient sidewise as far as it will go naturally, without much strain, then, with a short, quick extension of the turn, pull the chin a little further. Do this while the neck is kept taut, being careful not to be too rough in making the movement. Change the hands, and repeat the same movement in the same way, only in the opposite direction. This movement stretches many muscles of the neck. The object of the stretching is to free the circulation.

No. 4. Place the fingers of both hands, pulps of fingers, against the muscles, holding the fingers against the muscles just firmly enough to press on them, and then



MANIPULATION No. 3

vibrate the sides of the neck, embracing all the muscles, by changing the position of the fingers from place to place, and holding them, bearing down firmly enough to move the muscles, using rapid vibrations for a little while. This movement is conducive to comfort, and assists in relaxing the neck muscles.

No. 5. Place both hands on the forehead, using the palms of the hands, covering the entire forehead, press down firmly enough to hold the muscles, and use vibratory movements so as to shake and pull all the muscles from their moorings sufficiently to stretch them, and at the same time shake the entire body, changing the position of the hands frequently, and continue these movements for a moment or so, finishing the vibrations by pressing the forehead, with outward strokes with the palms of the hands, a few times, and over the eye-brows with the balls of the thumbs; then place the thumbs on the cheeks, on either side of the nose, and press them down there, moving them outward, repeating these movements several times.

No. 6. Standing at the side of the treating table, patient lying thereon, take hold of the nose with thumb and a couple of fingers, squeeze the nose so as to embrace the muscles on either side of the nose, then, with movements upward and downward, move the muscles briskly for a few times, and finish this manipulation by placing the thumb on one side of the inner corner (canthus) of the eye, and the fingers on the other side, embracing the inner edges of the eye-lids, and the lachrymal bones, squeeze the thumb and finger hard enough to hold the parts firmly, then, with a sudden shove downward, repeat two or three times, being careful to hold the position so as not to shove the finger and thumb into the eyes.

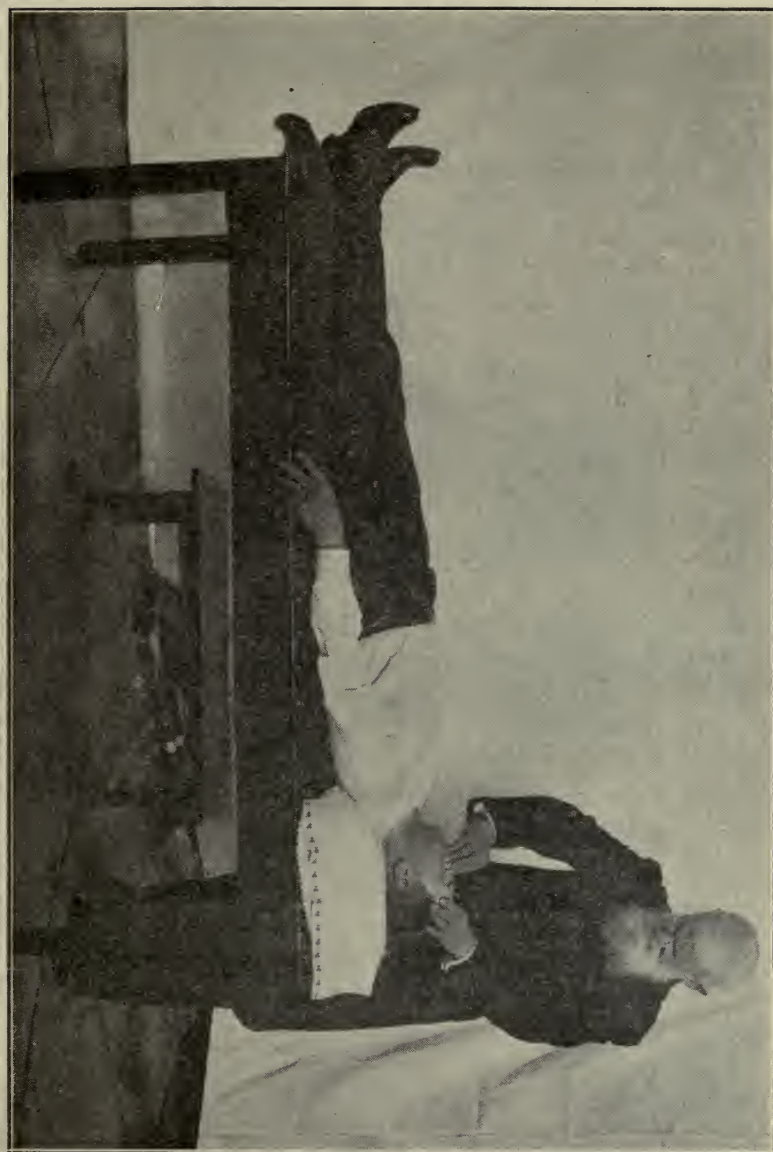
This last movement is an excellent movement for the "watery eye" condition; with a slight extension, with the finger further shoved down to the inner canthus, and pressed hard against the lachrymal bone, an excellent, ef-



MANIPULATION No. 5

fectual treatment for Pterygium as well. Two or three treatments of the eyes in this way being sufficient to cure the Pterygium, and save a knife operation, as well as blindness therefrom. This is enough to do to cure Pterygium.

No. 7. Operator standing at the side of the table, patient lying on table, places hand on the forehead, one hand on the side of the neck opposite, fingers together, cupped a little, so that the palms of the fingers press against the side of the neck muscles, make the following movements: with the hand on the forehead, loosely pressing it so as to move the head, the heel of the hand on the edge of the temporal bone on the side of the head next to him, and the fingers extending to the other side of the forehead at the opposite temple. Having the hands thus placed, the hand on the forehead pushes the forehead over from him in a rolling motion, while, with the hand on the neck, he pulls the muscles toward him; then pulls the forehead back to its normal position, face being straight with the body, nose pointing upward; repeat the motion, changing the position of the fingers on the neck, so that another place is moved, and so on; as these motions are made, manipulate all the muscles of the neck at one sitting, extending the manipulations up, under the chin, and around in front of the neck, continuing the movements until all of the muscles of that side of the neck have been manipulated and relaxed. The operator should change sides of the table, and treat the other side of the neck the same way, being careful to cover the entire neck muscles in these manipulations, so as to relax them, and permit the venous blood to return through its natural channels, and into the jugular vein, which empties itself into the heart, and thus frees the circulation of congested blood, and the results caused thereby cease. This is one of the most important manipulations of all. It is applicable for all diseased conditions of the head and neck, and it



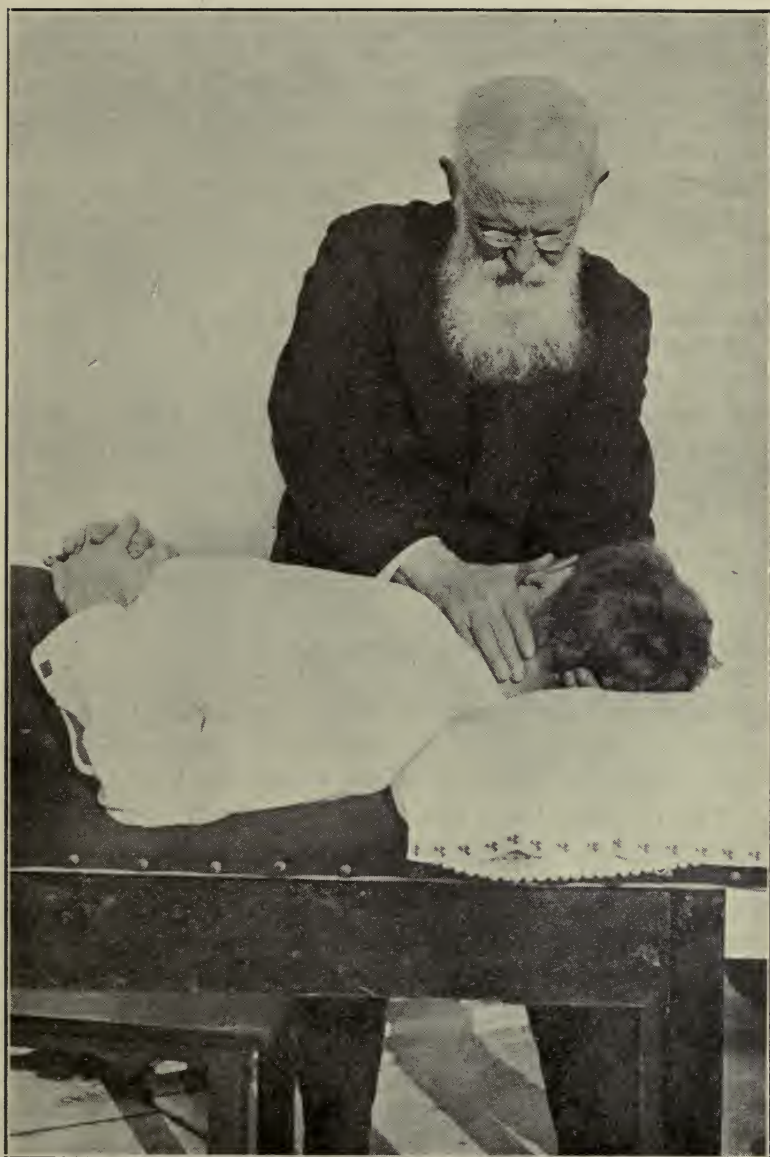
MANIPULATION No. 6

is the only rational treatment indicated, for it is certainly effectual.

No. 8. Operator standing at side of table, patient lying on back; the operator places one hand to the side of the head of the patient, fingers pointing down toward the pillow, he rolls the head of the patient over towards him, so that the ear will be in palm of hand, fingers under the side and extending to the back of the head, the head resting on the hand of the operator. Now, place the other hand on the side of the neck which is upward, and feel with the fingers along the side of the neck for rigid muscles, or a tender or sore muscle, which will be manifest if there is any unnatural sensitiveness, or soreness, by a slight increase in the pressure with the finger. Now, with the head on the hand, place the finger, the second joint of the second finger, against the spot, where the soreness is complained of, and hold the joint firmly, yet not too firm, then move the head a little from you, holding the head still, but see that the patient is thoroughly relaxed, then, all at once, with a sudden pull with the hand against the side of the neck, in the form of a jerk, keeping the head in position with the hand holding the head, you relax the muscles involved, and frequently there will be a clicking noise heard, and immediate relief follows the clicking; the muscles are relaxed, and the pain subsides at once.

To relieve the other side of the neck, change positions and use the same manipulations reverse side, always being careful not to repeat the jerking on one side too often, for soreness may follow, especially where the click is not felt and heard.

Many conditions, headache, contracted muscles, freedom of the circulation of the blood, etc., are relieved by this movement, and it is invaluable for many complaints caused by contracture of the neck muscles, and saves much suffering when properly done.

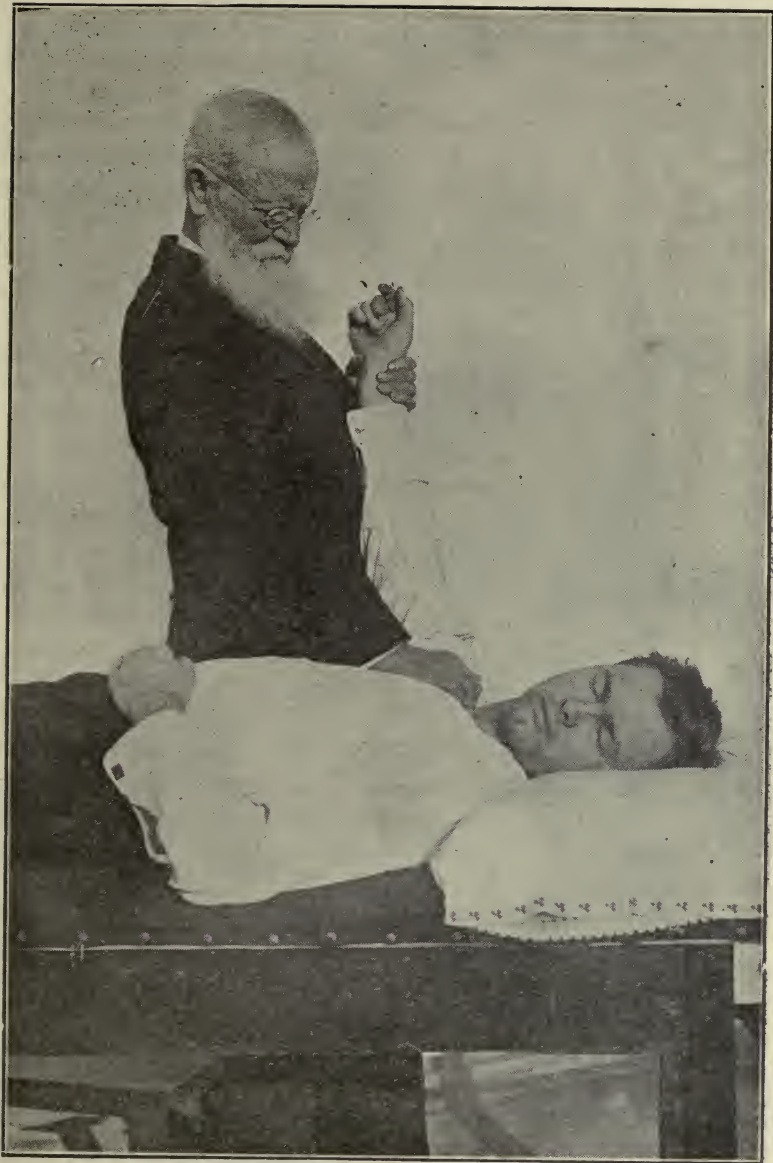


MANIPULATION No. 8

The manipulations may cover all of the cervical vertebrae, from the Atlas to seventh cervical, and applied for the relief of pains originating in the brachial plexus, extending to the ends of the fingers, or anywhere in the arms or neck.

No. 9. How to raise the clavicles. This may be done in several ways. The purpose of raising the clavicles, is to remove the pressure from the **JUGULAR VEINS**. Have the patient flex the arm, the operator seizes it at the elbow, pushes or pulls it toward the head, places his thumb against the sternal end, on the upper, inner side, next to the neck, and presses it outward, as the arm is being raised with the other hand, the movement being to raise the arm as close to the side as may be.

Another way to raise the clavicle: Stand at the side of patient on the table, take hold of the wrist of patient with one hand—if on the left side of patient, the right hand of the operator should hold the left hand of the patient, and if on the right side of the patient, reversed. Place the hand of the patient in the hand of the operator, the hand in such a position as to flex toward the **body**, operator holding the wrist against his own chest; now straighten back a little so as to stretch the arm, continue to hold the arm taut, then place the fingers of the other hand over, and back of, the clavicle, as close to the **sternal** end as convenient, still holding the arm taut; move the body toward the head of the table, carrying the arm and body together, keeping the fingers in place, and they will move downward, back of the clavicle, and press it outward, stretching the muscles, which hold it tightly pulled back against the jugular vein, and thus relieve the smaller veins, as well as the jugular, and let the venous blood return to the heart, **relieving the pressure that causes so much trouble, in the head and neck, throat, etc.,** freeing the small veins. The movement may be made two or more times. The other side treated in the same way,



MANIPULATION No. 9

thus relieving the pressure from both jugular and small veins.

Another way to raise the clavicles: Patient sitting up, on stool or seat. Let operator stand at the side of the patient; place the right hand to the side of the neck in such a manner as to let the hand cover the side of the neck and letting the fingers extend in front of the neck, the thumb resting on the shoulder back of the neck, and the forefinger and the second finger extend around in front of the neck, resting just above the clavicle; now, in this position, the operator takes hold of the wrist of the patient, and raises the arm—the arm on the same side, of course—bringing it up and in front of the face of the patient, with a little force, bringing the arm across the upper part of the chest. This forces the clavicle outward, and relieves the pressure, and cures many cases of heart trouble, as well as throat troubles. The hands may be changed, and the other side treated the same way.

Raising the clavicles is one of the important manipulations, the value of which cannot be over-estimated when we consider the many diseases caused by its being bound down, and how many conditions may be relieved by its being raised, and letting the venous blood pursue its onward course. It is one of the important things to do, in the treatment of all conditions called disease, for it clears the brain of congested venous blood, and cures many cases of heart trouble by permitting the blood to flow into it naturally, and supplying the capillaries by permitting the venous blood to get out of the way. In all head troubles, this is the thing which demands special attention.

No. 10. Movements to stretch the chest muscles, and intercostals as well. Operator standing at the head of the table, patient lying on his back; operator takes hold of right wrist of patient with his left hand, so placed that the palm of hand shall be on the flexor muscles of the patient's wrist; now stretch the arm, pulling it upward



MANIPULATION No. 10

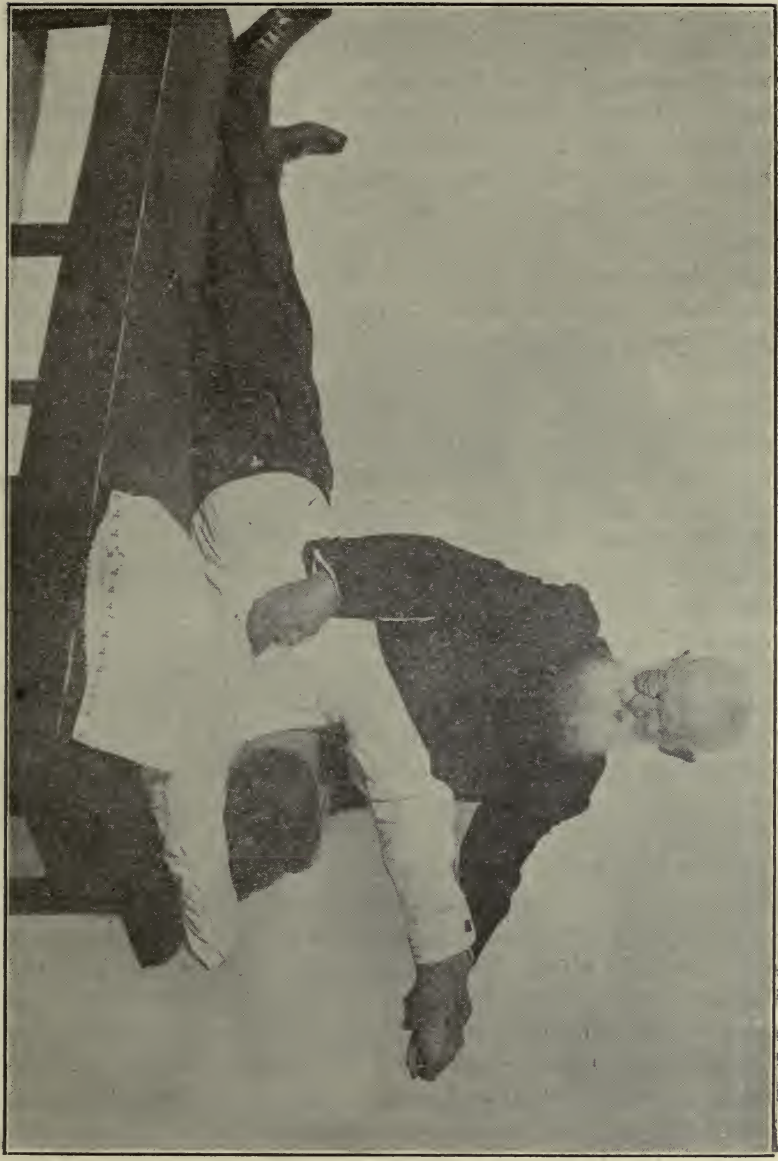
along the side of the patient's head, holding it there as the body of the operator is lowered, so as to stretch the arm taut and at the same time stretch the chest muscles, keeping his fingers cupped so as to press all of them on the side of the spine next to him, changing position of his fingers, keeping them close to the side of the spinous processes on the side of the body the arm is that is being manipulated. As the arm is extended the fingers are to be pressed against the back, beginning at the upper border of the scapula, each stretching of the arm the fingers are to be moved a little further down and to be pressed hard against the lamina on the side of the spine, letting these movements be made several times. Change sides, treat the patient in the same manner. The treatments will be made by changing the hands of both patient and operator.

It will be better understood if the operator will remember that when the right side of patient is to be treated, he takes hold of the left arm of the patient, and the fingers of the **right hand** of the operator are to be placed against the sides of spines of the patient, and when this side is treated as above stated, the other side is to be treated the same way; which necessitates a change of position of the operator, and changing hands of operator, so as to stretch the muscles of the other side of chest.

This is an important manipulation, as it stretches all of the muscles of respiration, expands the chest walls, gives more room for breathing, frees the circulation, by emptying the venous system involved in all the muscles of **inspiration** and of **expiration**, sending all the venous blood back through their natural channels, emptying the venous blood into the vena-azygos major and minor; making it one of the essential movements in all cases of lung troubles, heart troubles, bronchitis, pleuritis and difficult breathing.

It will be understood that contracted muscles are re-

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MANIPULATION No. 11

sponsible for many serious conditions, making it an essential thing to relax them, somehow, so that the vessels passing through them, or ending in them, may be released, so that normal functions may be restored to the vessels, nerves, veins, and other fluid-carrying vessels.

The following movements may be made in lieu of the foregoing, and they answer the same purpose, and may take their place, or, failing to relieve a pain in the chest, caused by engorgement of venous blood, by using the one, the other may be used; or both may be used at the same seance if desired, as there may be something not relieved by the one, that both may be necessary. One will **not undo** the effects of the other, but better conditions.

No. 11. Operator standing at side of the table, patient lying on back, the operator holding the right hand of the patient with right hand. This can be done by standing on opposite side, reaching across the table, over the body of the patient. Now close the fingers around the wrist, with the forefinger placed between the thumb and forefinger of the patient. In this position, having hold of the wrist of your patient, put the hand of patient against the operator's breast, holding it there firmly, then straighten up, pulling the arm taut, then turn (your own) body around just enough to enable you to place the opposite hand over the body of the patient until the fingers shall have reached the sides of the spinal vertebra, placing the palms of the fingers close to the sides of the vertebra, and on the side of the spine next to you. Now place your feet so as to stand firmly, putting the right foot out and forward, the left foot parallel with the table, letting the side of the thigh be held firmly against the side of the table, so as to hold the patient thereon, while the manipulation is being made, as follows: Press the fingers against the sides of the spinous processes next to you, pulling against the back with the end of the finger-pulps, while the arm is being extended, with the other hand holding



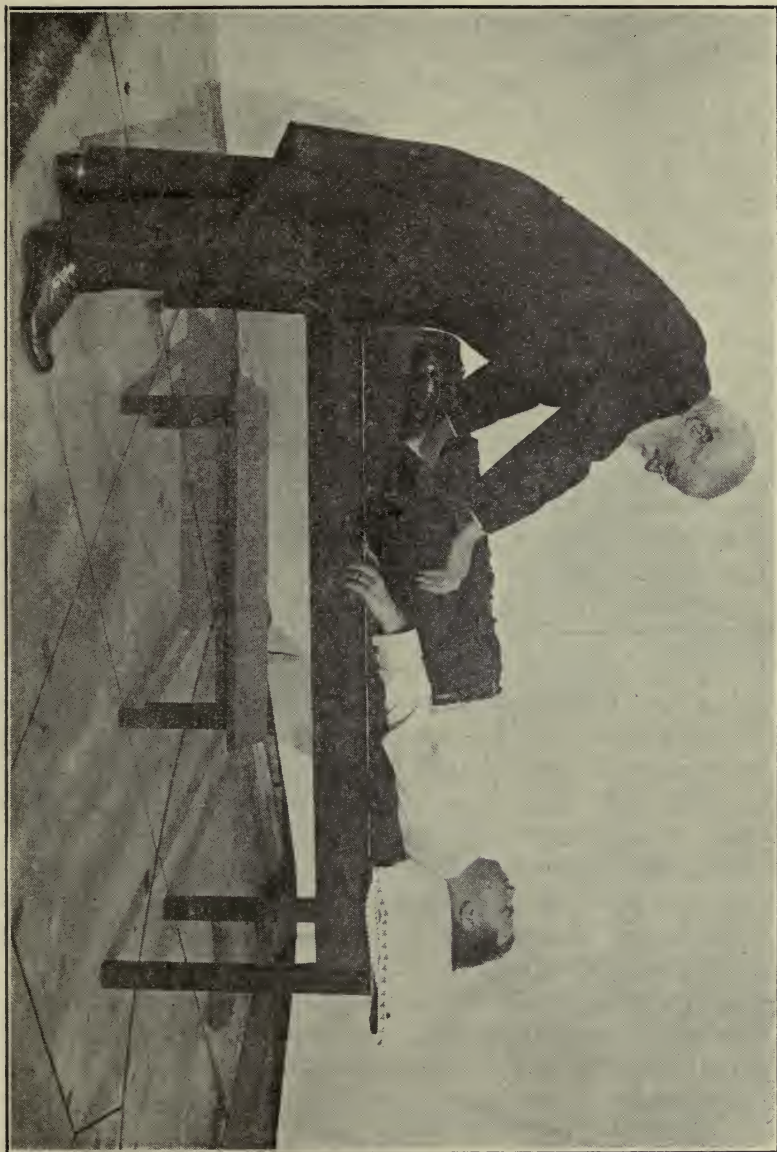
MANIPULATION No. 12

the wrist of the patient, and while the arm is being distended, pull the body of the patient towards you, holding the body thus pulled taut, while the arm of the patient is pushed down, over the arm of operator, flexed; then let the body go back to its natural position, move the fingers down the back, the width of the hand, then repeat the stretching of the arm, and the pulling against the back as before. Continue to repeat these movements until the hand moves down the back, from the upper dorsal region as far as the twelfth dorsal, if desired.

Change side of patient and side of the table, reverse hands and hold, repeat the same kind of movements, being careful to flex the arm each time, as this permits the muscles to relax after being stretched, so that the veins can empty themselves.

The above manipulations are very effectual in freeing many muscles at the sides of the chest and abdomen, as well as the intercostal muscles, expanding the chest walls, a thing indicated in ever so many conditions called disease. It is one of the many manipulations for all lung affections, or for any condition involving the internal organs of the chest or abdomen—the liver, spleen, diaphragm, stomach troubles of all kinds—because it affects the splanchnic nervous system as well as all of the nervous system involving the spinal nervous system in that area. Its application is one of vital assistance in many cases—acute and chronic.

No. 12. Treatment of the lower limbs—patient lying on the table, on back. Operator takes hold of the patient's ankle with one hand, places the other hand in the popliteal space (bend of the knee), lifts it up to a right angle, and with the hand holding the ankle, flex the knee joint over the wrist or hand held in bend, and pressing down with the hand holding ankle, a few times. Then take hand from under the knee, place it in front of shin, upper end of tibia, and press against it so as to flex the knee toward the body as far as it will go comfortably, then, with hand



MANIPULATION No. 13

holding the ankle, vibrate it inward and outward three or four times; this moves the knee and hip joints. Cease the vibratory motion, hold the ankle with the same hand, but with the other hand placed on outside of thigh, just above the knee, push knee over toward the other leg, at the same time pull the ankle outward toward the body, then jerk the leg downward in an extended motion to the table, letting the hand which is placed above the knee, come down on thigh, doing this two or three times, making sort of a rotary motion each time, flexing the knee as before described.

No. 13. Holding the ankle of the patient, push the foot upward, flexing the knee outward, or pulling it out with the loose hand, still holding the ankle; place the other hand on the thigh, above the knee, heel of hand doing the pressure, pressing the knee down to the table, the knee at right angles but down on the table, and keep pressing the thigh down, giving at the same time a strong, sudden pull with the hand holding the ankle, letting the hand follow the limb, and it will come down against the outside of the thigh, coming to a sudden stop, jerking the knee and hip joints and all the muscles of the leg as well. This should be repeated several times—three at least.

No. 14. The hand holding the ankle, catching the palm of hand under the ankle, lift the leg, flexing it on thigh, and thigh on abdomen—or as nearly so as can be; raise the foot and shove the knee toward the body, raising it with the hand under the ankle; place the other hand above the knee, then straighten the limb as much as possible, inclining the body downward toward the foot, bring the knee joint to a sudden stop. Repeat this several times; this will stretch all the muscles of the leg and thigh effectually.

No. 15. Take hold of the ankle, raise the limb so the knee will press against the side or abdomen, then place the hand in popliteal space (under knee joint), and push



MANIPULATION No. 14

foot over other limb, pulling, at the same time with the hand under the knee in bend of leg, shoving the ankle as far around in a circular move as may be, changing position of the hand along muscles of the thigh, making several movements thus, covering the space between the underside of knee to the bend of the thigh, if so desired.

No. 16. Patient lying on back, flex both lower limbs so that the knees will be at right angle with the body; then place one foot (ankle) over the other one, to hold it still and in one position, operator takes hold of the knee with one hand, and with the other hand placed above knee, on thigh, push knee toward other leg, and with other hand pull the muscles of thigh in direction toward operator, continuing these motions until all the space is gone over from the knee to the thigh, moving the muscles outward, while the knee is being pushed inward, making a sort of a rotary motion each time the leg is shoved from you, and a pulling motion with the other hand.

This movement is more especially used in the treatment of Varicose Veins. When the hand is placed over the Saphenous vein, and the pushing against the knee and pulling with the hand which is placed over the space on the thigh, over the Saphenous vein, where there will usually be found a knot, due to the venous blood being arrested there in the vein, on its way to the Femoral vein, for this vein receives the blood from the lower limb, and if it is obstructed, the smaller veins will become engorged—filled with blood; so this is the treatment for that condition, and the only rational treatment, and will cure it, if persisted in, the patient not being on the feet too much, giving the veins time to recuperate their strength from the over-stretching, on account of having been filled with too much blood. Varicose ulcers are cured by this treatment, persisted in for some days—perhaps it will take weeks.



MANIPULATION No. 15

No. 17. Take hold of the knee, flex the leg on thigh, push it over toward the other leg or thigh, then place the other hand under the hips, fingers on side of the sacrum, turn fingers upward against side of sacrum, then make a rotary motion outward with the knee, pressing down against the fingers, shoving the knee upwards and outward, so as to make pressure upon the fingers, then, as these motions are being made, bring the fingers downward, following the course downward and outward toward the ischium each movement, making several movements in this manner, following the great Sciatic nerve, as this treatment is especially to take the pressure from that nerve, relieving Sciatica.

No. 18. Patient lying on back, the operator stands at the foot of the table, takes hold of the heel with one hand and the foot with the other, in such a manner as to hold the foot firmly, then places his elbows—arms—against his own side, holding them firmly there, then moves himself backward and forward in a swinging, forward and backward motion, which stretches all the muscles of the leg and thigh. This may be done several times if desired.

The foregoing described movements are all essential to free the circulation of the blood and to relax the muscular system, and free the nervous system.

Manipulations While Sitting on Stool.

No. 19. Operator standing beside the patient, extends arm to opposite shoulder, letting hand rest thereon, with chin of patient placed on forearm, then place the other hand at back of neck, fingers and thumb pressing against the back of neck—on either side of the ligamentum nucha; now lift the chin with the arm, while pressure is made with the fingers and thumb against the back of the neck. This movement should be done in a somewhat rotary, backward and forward movement, at the same



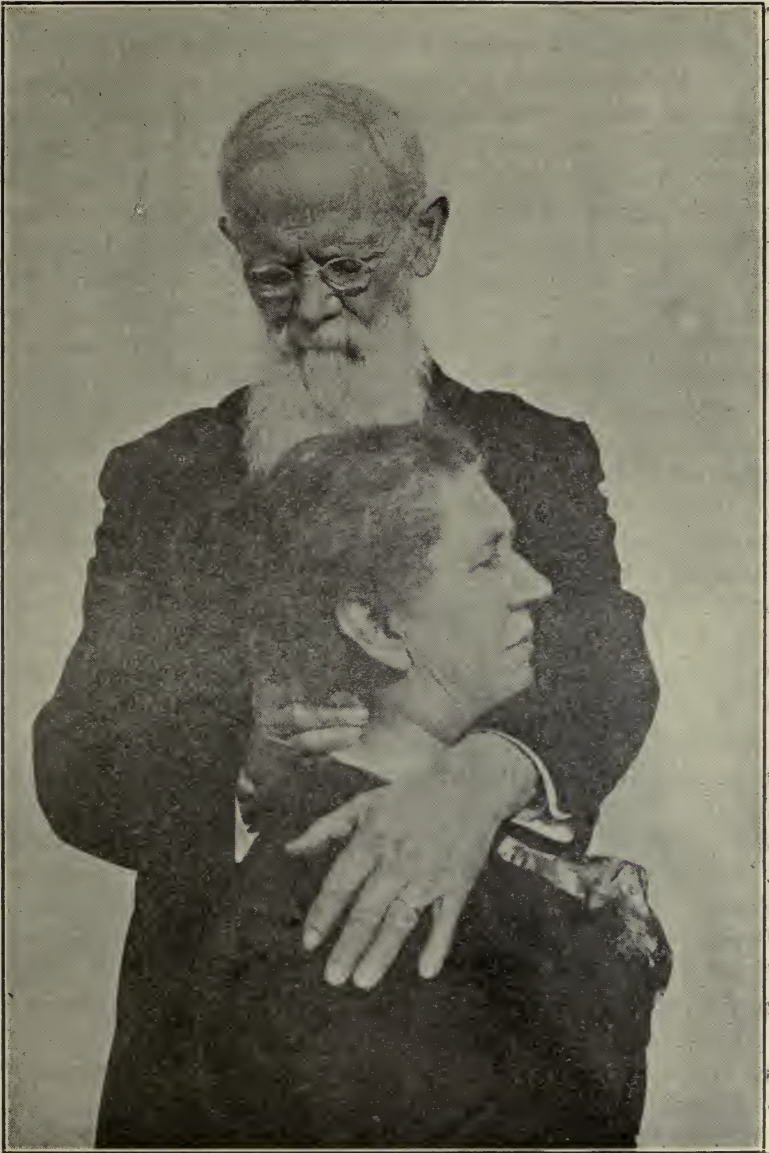
MANIPULATION No. 17

time lifting motion, in order to stretch the neck muscles. It may be done several times at one sitting. The same effect can be produced if the operator placed the hand on the forehead instead of the arm under the chin, and press backward and strong enough to oppose the fingers which are placed against the back of the neck. The fingers may be turned downward so as to treat muscles on shoulder also.



MANIPULATION No. 20

No. 20. Place one hand on the forehead, the other at back of the neck, in such a manner that the thumb shall be against the side of neck next to you, and the



MANIPULATION No. 19

fingers extending around to the other side of the neck; push head in a semi-circular motion from you, pulling at the same time, with the fingers of the other hand, the muscles of the opposite side of the neck, as the head is being turned. Change the position of the fingers as the head is being moved in its circular movement, by the hand on the forehead. Do this several times, changing the position of the fingers, so as to move the muscles on that side of the neck—all of them—at one sitting. Then change position to the other side of the patient, and repeat same manipulations on other side of neck.

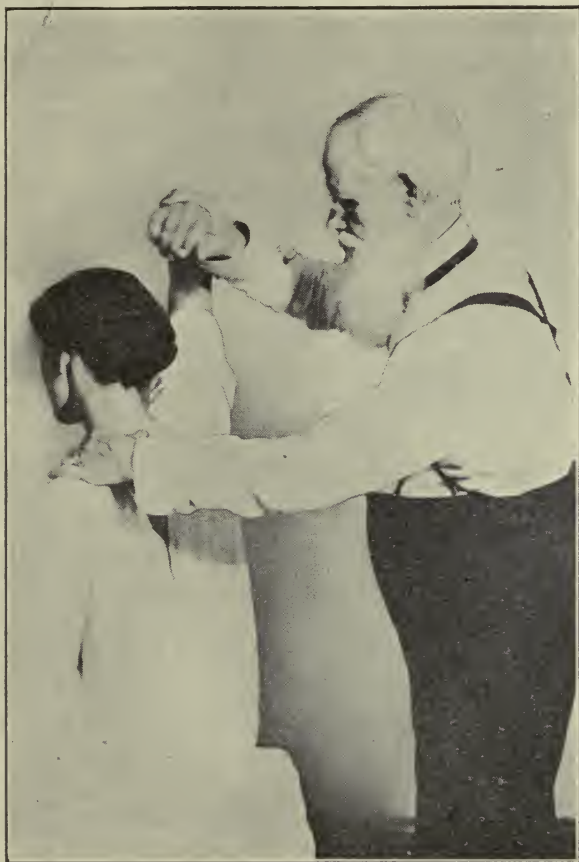
No. 21. To raise the clavicle, patient sitting on stool, place the hand on side of the neck, heel of hand up, second finger of the hand extending forward and around in front of the neck, thumb placed above the inner end of the clavicle, then taking hold of the hand of the patient on same side, raise the arm upwards and forwards in front of the face, while the finger is pressed down behind the sternal end of the clavicle. This presses the clavicle outward, relieving the pressure on the jugular vein. The other side may be treated the same way.

Another convenient, effectual way to raise the clavicle: place the thumb on upper edge of the sternal end of the clavicle, then take hold of the elbow of the arm on the side opposite where you are standing, pull it backwards and upwards, which raises the clavicle out from the neck somewhat; now press the thumb against the end of the clavicle, pressing it outward as the arm is extended, or drawn backward, make more extension by a gentle, jerking pull.

The several methods of raising the clavicles are important, and either way will suffice to free the circulation of the venous blood in the head.

No. 22. Patient sitting on stool, the operator stands directly behind patient, taking hold of the right hand of patient with his own right hand, thumb placed on palm

of the thumb of the patient, holding wrist firmly, places thumb on side of vertebra, high up on spine, next to the seventh cervical vertebra, on right side of the vertebra; then, with the right arm, pulls the right arm of the patient



MANIPULATION No 22

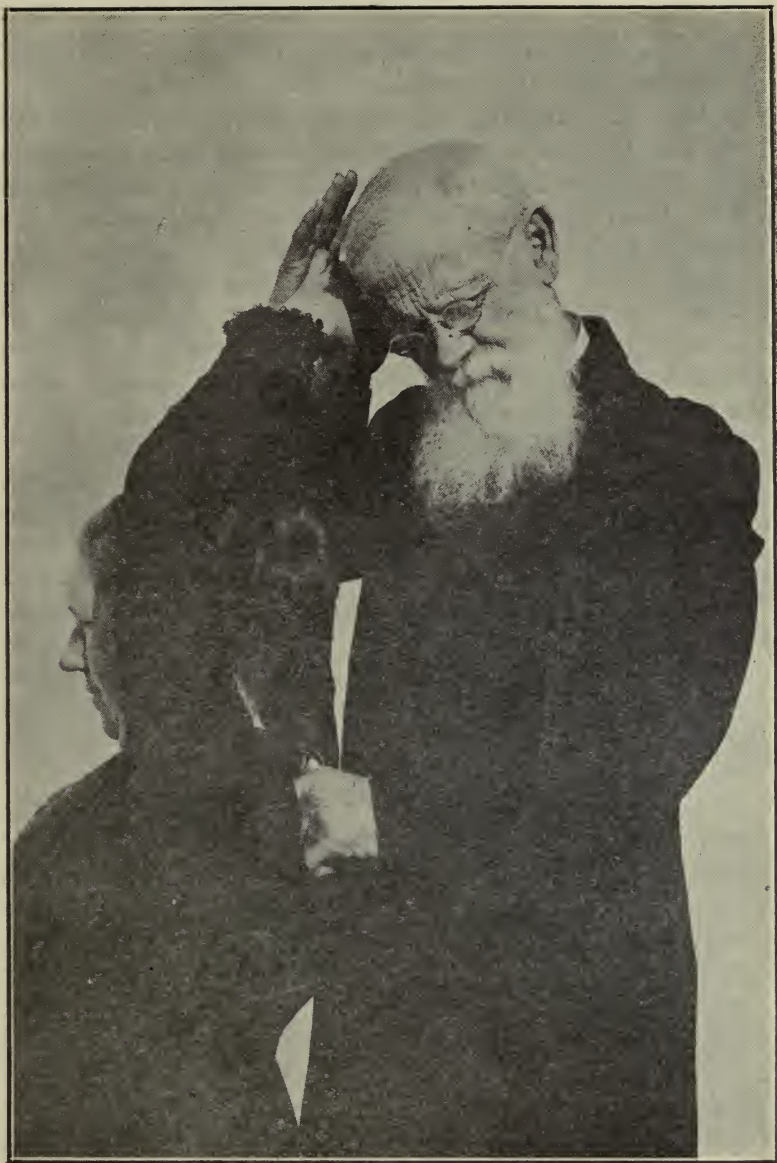
upward, making a curving motion over the side of the head of the patient, and just as the hand comes to the top of the head of the patient, the operator gives a sudden

jerk forward and downward, as if he were going to strike the wrist of the hand placed on the back, and at this particular time pushes against the back with the thumb, as if to antagonize the arm movement, and all at once a sudden stop is the finishing of the motion, as they antagonize each other. Continue these movements several times, moving the hand on the back downward a little as each movement is made, covering the back as far as the twelfth dorsal vertebra, if desired; but, after passing down the back a short distance, the thumb and forefinger may be placed on either side of the spine, and the motions or movements continued on down the spine.

One will facilitate matters very much, and make the manipulations more effectual, by placing the arm against the side, and antagonize the motion by the body being moved toward the patient, and less arm force is thus used, and better results follow the treatment. The other side may be treated the same way, by changing hands and positions of the thumb on the back, and the position of the body. The feet should be so placed as to make the manipulations easy on the operator, the left foot placed backward, and the right foot forward when the operator is treating the RIGHT side, and reversed when treating the other side.

These treatments are excellent for stretching all of the chest and intercostal muscles, which permits them to relax, and the venous blood to empty itself through the veins, and takes the pressure off of the small nerve filaments which pass through them; is an excellent means of relieving many conditions of the chest, which cannot be relieved otherwise; hence important.

No. 23. Operator standing behind the patient, places the knee high up, between the shoulders, takes hold of the arms, or elbows, both hands, both arms; pull them back while the knee is being pushed against the spine, turning the foot outward as the knee descends along down the



MANIPULATION No. 24

spine, so as to let the knee be across the spine, rather than directly against the processes.

No. 24. Standing behind the patient, have him (or her) lock the hands together, and extend them above the head, when the operator takes hold of the locked hands, draws them backward to the top of the head (of the operator), places the thumb and finger on either side of the spines, and his arm against his own side, then pulling the hands backward, presses the fingers against the back, inclining the body toward the patient, so as to antagonize the movement backward (of the patient); moving the fingers downward a few inches each move of the patient backward.

No. 25. Operator standing in front of the patient, holding knees between his, have patient lock hands behind the neck, the operator pushes both hands and forearm between the arms of the patient and the neck, places fingers of both hands at sides of vertebra, then presses the arms of the patient outward and backward, so as to stretch the chest muscles, doing this several times, and letting the fingers extend further down the back each time the spreading of the arms is to be done. This is another way to stretch the chest muscles.

No. 26. Patient will lock the hands high above the head, operator standing in the front, holding knees of patient between his, takes hold of the arm of one side of the body, and extending his own hand around the side of the patient to the sides of the spines, holding the fingers against the back firmly, pushes the arm steadily, firmly backward, pulling the back forward with the hand placed as directed above, against the spine, close to the spinous process, lowering the hand each new move backward, which should be done several times, embracing the spine from the scapula to the twelfth dorsal vertebra, and then change the hold to the other arm, other hand on opposite side and repeat same as before.



MANIPULATION No. 25

This is an excellent treatment, for many conditions of the several organs inside the abdominal viscera, and it stretches a number of muscles of the back and side, and relieves pressure from the liver, spleen, pancreas and stomach, and relieves pain in the several organs named, as well as intercostal neuralgia, and stretches all of the chest muscles, and relieves lung pressure.

No. 27. Operator standing in front of the patient, an assistant standing behind patient, placing the thumbs against, and on either side of the spine, against the lamina of the backbones, the operator taking hold of both wrists of the patient, extending the arms upwards and backwards, close up to the side of the head, presses them backward as far as they will allow, to be comfortable, then, all of a sudden, jerks them forward and down in front of the patient. Then go through these motions several times, the assistant moving his thumbs down the sides of the spine a short distance, two or three inches, each time the arms are pushed upward and backward, as far down as the twelfth dorsal vertebra.

These movements stretch a number of the chest muscles, and relieve many conditions not get-at-able otherwise, and will be a means of relief for many conditions called disease.

There are other manipulations which are not so essential, but these cover the entire body, and embrace and include all that are really necessary, for they stretch nearly all of the 527 muscles of the body, and only need to be carefully and intelligently applied, to render satisfaction, and when coupled with the spinal adjustments, will be sufficient to meet every indication.

No. 28. Standing before the patient, place the hands on each side of the head, lift up with both hands, placing the neck on a stretch, and then make rotary motions of the head, with neck extended taut, by lowering one elbow and raising the other, doing this several times (in a rotary



MANIPULATION No. 26

motion), and then, closing the heel of the hands together, and holding the fingers against the back of the neck, push the head backwards, at the same time pull the neck forward, so as to stretch the muscles of the back of the neck at the same time. This is a good finishing-up treatment for all conditions of the head.

No. 29. Place the heels of both hands gently against the sides of the neck, in front, and up close to the jaw, in such a manner as to press slightly on either side of the trachea, letting the fingers extend back behind the neck, and now, suddenly squeeze the fingers and push the palm or the heels of the hands against the front side of the neck, close up to the trachea, and over the Pneumogastric Nerve (as well as the Carotid Artery and Jugular Vein); this will usually stop a headache instantly—temporarily at least, and very often permanently. Be careful that the squeezing be done suddenly, and the pressure immediately removed, because, if too long continued, fainting will ensue; but if care is taken, it will prove a most excellent means of relief.

No. 30. A special manipulation of the top of the shoulder may be made as follows: Operator standing in front of the patient, takes hold of the arm, say on the right side of the patient, with his left hand holding the right hand of the patient by the wrist, place the right hand on the top of the shoulder, and raise the hand, pushing the arm toward the back of the head of the patient, and, at the same time, grasp the shoulder with the right hand, squeezing the fingers together, holding a grip on the muscles on the top of the shoulder, and slackening the hold, and then raising, take hold in a different place on the shoulder, and so on for several such movements, until the muscles are well manipulated; then change positions, changing hands as well, to other side, and go over the other shoulder in the same manner, and this will relieve any undue contracture of the muscles of the shoulder, often relieving pain.

No. 31. Another move may be made by operator standing behind the patient, as follows: Take hold of the left wrist with the left hand, place the right hand on the left shoulder, over the top and front, covering the front side of the top of the shoulder joint, outer end of the clavicle and the pectoral muscles, push the arm toward and over the front part of the head, while the hand on the shoulder grasps the muscles, and squeezes them as the hand is thus thrown up over and in front of the forehead of the patient.

Change positions and treat the other shoulder the same way and manner. This is a good movement for shoulder troubles, pains, etc., and may be called for many times, as it is sometimes needed to relieve contracture of the joint and the muscles covering the joint, as well as the pectoral muscles.

No. 32. Another movement which is used to free the pectoral muscle and the shoulder joint is made as follows: Operator standing at the side of the patient, the patient sitting on a stool or chair, reaches one arm around and in front of the patient, catches hold of the pectoral muscle, close up under the arm, and reaches the other arm around back of patient, takes hold of the elbow of the other arm of patient, pulls the arm with one hand and the muscle with the other hand, thus stretching the pectoral muscle, and relieving the contracture. Change positions and treat the other side the same way, if needed.

No. 33. In case of rigidity of the muscles of the sides of the neck, the operator stands by the side of the patient, with his body against the shoulder of the patient, places the hand at the side of the head on the temporal area, the fingers extended on the top of the head, and with the other hand placed under the chin, with the thumb up to the side of the face, and the fingers extended around the neck, pressing with the fingers and pushing with the hand on the head, manipulates the muscles, pulling them toward the front side of the neck, relaxing the muscles as much as possible by

several movements, changing the fingers as much as necessary to reach the muscles which are contracted. On failure to relax the muscles by manipulations, hold the hands in the same position on the head, finding the muscles contracted; place the second finger on the rigid muscle, having the



MANIPULATION No. 33

patient relax perfectly, and see that this is done by moving the head with a rapid motion opposite to you; and when the patient's neck muscles are relaxed, with the finger placed as described on the muscle that is rigid, all at once,

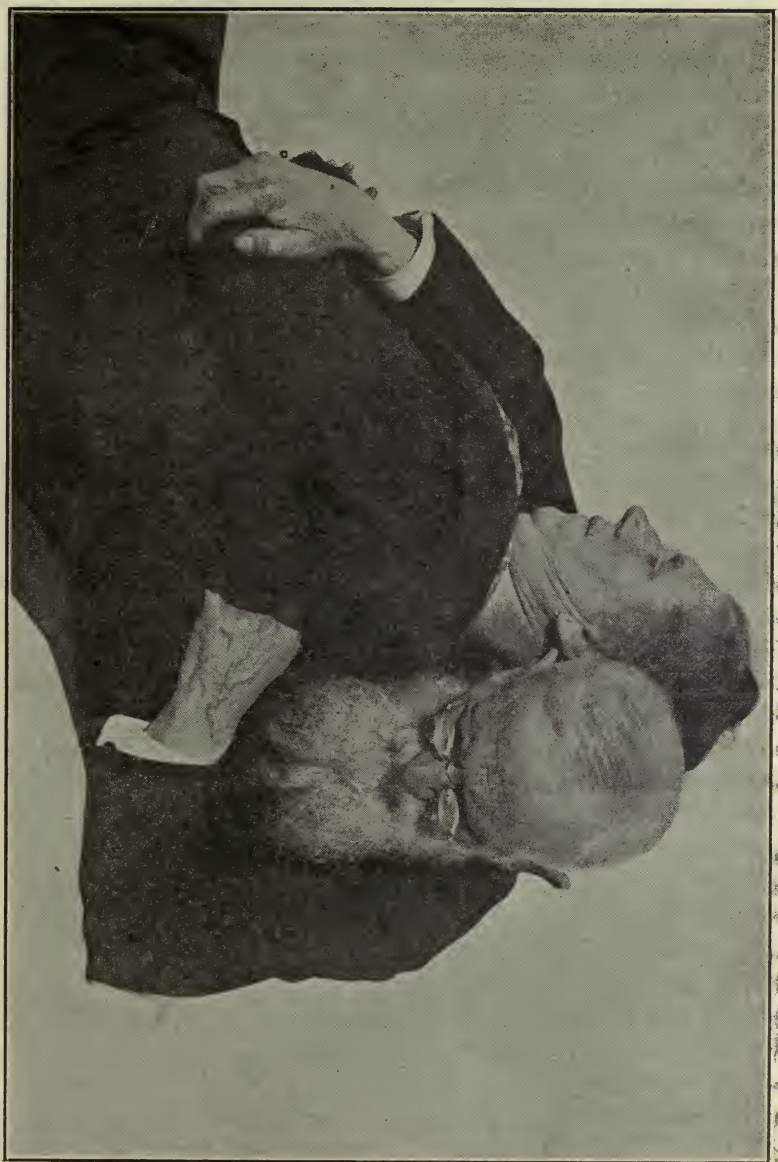


MANIPULATION No. 34

with a sudden movement, pushing from you and pulling directly toward you, with a quick short jerk, you produce a cracking, clicking sound. This is caused by a separation of the facets of the cervical vertebrae, which gives the sound, and immediately the muscles relax. If there has been pain before that time, at once it ceases; so that we get the response instantaneously.

No. 34. This cut shows the method of stretching the entire spine. The operator stands behind the patient; the patient may be seated on the table or a stool, or standing on the feet. The operator stands behind the patient, and the patient locks the hands behind the neck, as seen in the cut; the operator places his arms under the arms of the patient, catching hold of the patient's wrists, pulling the patient backward, and lifts the patient so as to let the weight of the body be lifted, and at the same time the arms should be pulled backward and outwards, while the patient should be thoroughly relaxed. This stretches the spine, and adjusts the vertebrae, by relaxing the muscles of the entire dorsal area. The chest of the operator should be placed against the back of patient, and as the pulling backward and outward is being made, there will often be heard a clicking noise, that indicates the relaxation of the spinal muscles and the adjustment of the spinal vertebrae.

No. 35. The patient seated on a table, the operator standing beside it, reaches around over the opposite shoulder of patient, takes hold of the arm at the elbow and then places the thumb and fingers of the other hand on either side of the spine, high up between the shoulders, and pulls the patient backward, pressing against the spine and letting the elbow come back and down to the table, pull, at the same time, the patient down against the arm which presses against the back; then raise the patient to almost a sitting posture, and repeat the move several times, lowering the hand along the spine each move of patient backward. It will be noticed that the patient's neck is resting



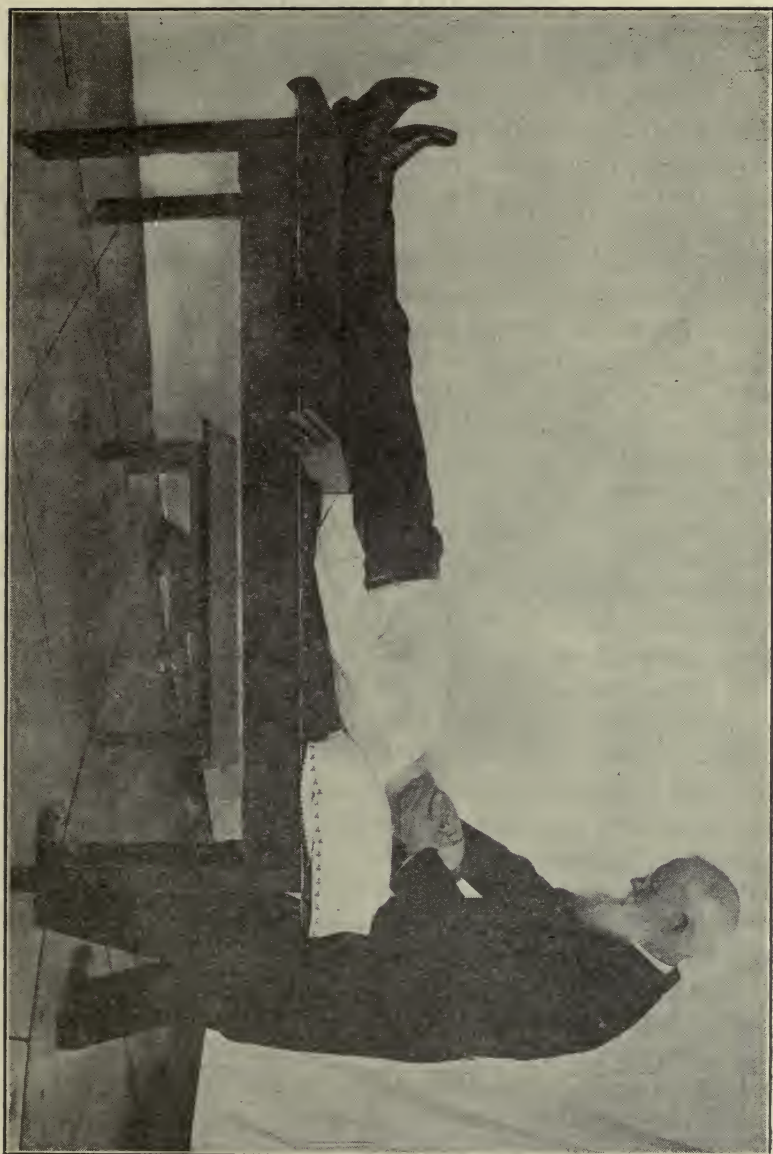
MANIPULATION No. 35

on the neck of the operator. The cut indicates the position of both operator and patient.

No. 36. Stretching the neck muscles, patient lying on table. Operator takes hold of the neck of patient as follows: Place one hand under the neck and the other hand under the chin, make extension, pulling strongly and equally with both hands, and while the neck is taut, twist the neck sidewise as far as it seems natural to go, then make a little more extension sidewise, with a sudden, short jerk. Change hands and repeat operation, moving head in opposite direction. This stretches muscles of the neck.

No. 37. Standing beside the table, patient lying on the back, operator takes hold of the ankle of patient, flex limb on thigh; place other hand below knee, and move foot from right to left, rapidly, several times, and while holding the ankle, change the hand from the position below the knee to a position above the knee, and on the side of leg next to you; now push knee from you, and at the same time pull the foot toward you, and extend the limb to a horizontal position to the table. Repeat this three or four times. The cuts showing the adduction and the abduction of the limbs should be consulted, as these moves are quite essential for many conditions of the lower limbs.

No. 38. Movements of the arms, patient on table, lying on stomach. Operator takes hold of the arm opposite, holding the arm on shoulder of patient, slipping the fingers under the arm-pit, taking hold of the pectoralis major muscle; now pulls the shoulder upward while, with the other hand placed on the back, pushes against the muscles along the spine while pulling with the hand which is placed in the arm-pit; going on down the back, pushing the muscles quite strongly. This is an excellent manipulation to stretch the dorsal muscles. The same effect may be produced, but in the opposite direction, by placing one hand under the lower abdominal region, holding the ilium with one hand and pushing against the spine with the other; the heel of



MANIPULATION No. 36

the hand should always do the pressing against the muscles.

No. 39. The manipulation to relieve and cure abdominal troubles of pelvic viscera, such as diarrhea, prolapsus, leucorrhea and hemorrhages. Operator standing beside the table, patient lying on face, front of body down, places arm under the limbs of patient just above the knees, lifts the limbs, while the hand of the other arm is placed on the lower lumbar area of the spine, pressing down quite strongly while the limbs are being raised. Begin the pressure on the lumbar vertebra at the fifth, pressing hard there, then let the limbs back to the table; move the hand up a couple of inches, then lift the limbs again, then let down and repeat these moves until the whole lumbar area has been covered, and the pressures made each time the limbs are raised. This pressure should be prolonged for a few seconds each time, to cure the conditions named, and should be repeated frequently, or from day to day, until relief is obtained. This stretches the abdominal muscles and stimulates the solar plexus and the splanchnic nerves.

Many manipulations will suggest themselves to the operator as needed, if the one idea is constantly kept in mind: **"Take OFF the Pressure."**

As the practitioner of these manipulations has experience, he will find necessity for improvising special manipulations to meet the many indications where manipulations will prove efficacious in relieving distress. The reader will find all of these manipulations applicable for the treatment of conditions found every day where there is a use for manipulations at all. We have found these manipulations efficacious in so many cases and so simple and easy to learn, and soothing to the afflicted, we have no hesitancy in submitting them to the special consideration and use of all who desire to relieve human, physical ills, for they will not disappoint the manipulator, if rightly, intelligently applied, and persistently followed up as indicated. They will relieve the nervous pressure, relax con-



MANIPULATION No. 37

tracted muscles, take the pressure off of nerve filaments, and thereby cure more ills than any other method known to humanity.

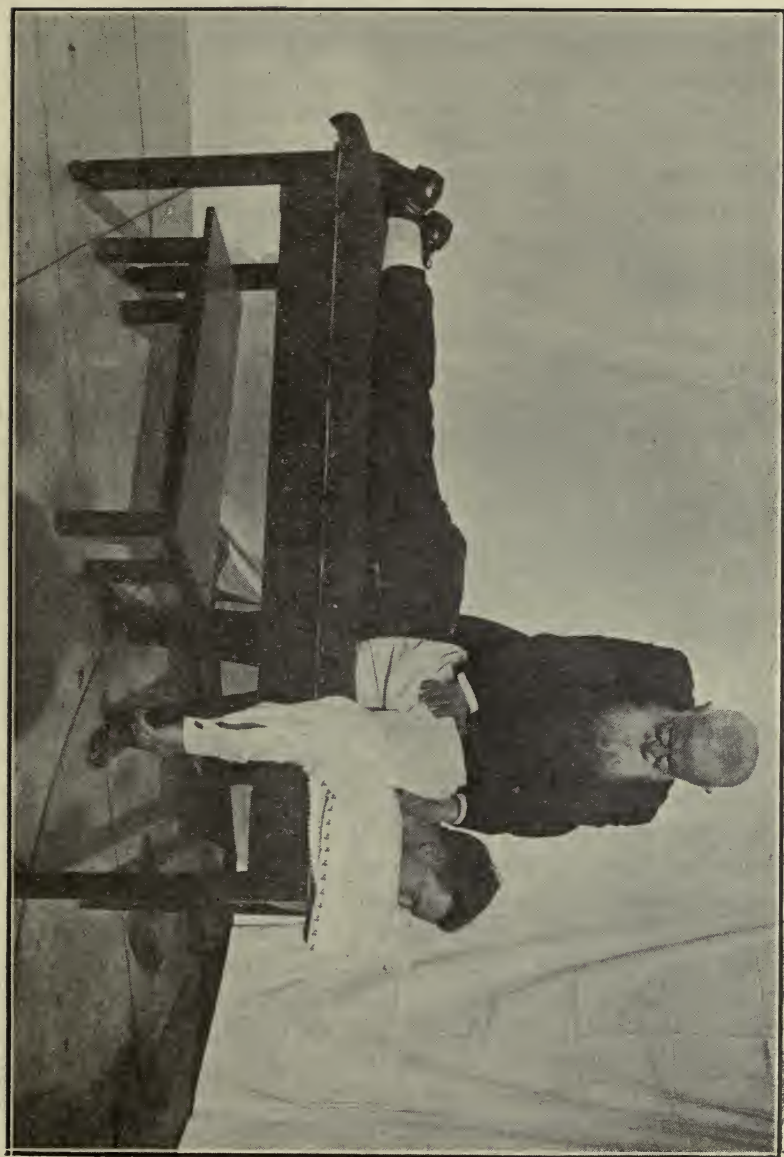
The spinal nervous system will be considered in our next dissertation, as well as the dorsal muscles, so that when this is fully comprehended by the reader, and the treatments and adjustments rightly applied, the manipulator will be panoplied with a better means of curing disease than if he had gone through all the schools of learning the world has ever had, or may have, for this system embraces and includes all that is true in the philosophy of healing, and will render quicker and more permanent relief for all functional human ills than all the known remedies of Christendom.

Spinal Manipulations.

The twenty-four vertebra, from the head to the Sacrum, the seven Cervical, twelve Dorsal, five Lumbar, and Coccyx, are the special divisions which demand attention, especially, specifically, in order to know their relationship to the nervous system and the circulation of the fluids of the body.

From each segment of the spine, there emerges, on either side, two bundles of nerve filaments, starting from the brain, and as they leave the spinal cord, begin to divide into their several filaments, and pass into the muscular tissue, where they end, and perform their special function, whatever that may be. As they pass through the muscular structure, undue contracture of the muscular fibres interferes with their function, causing disease, or a condition called inharmony at the nerve endings.

It is the experience of the author of this book, that many diseases have their origin in muscular contracture. The cause of muscular contracture is somewhat difficult to explain, satisfactorily, to the understanding of all enquirers, or even to fully comprehend, under all the circum-



MANIPULATION No. 38

stances which are related to the subject, theoretically, practically or primarily.

Whatever causes the contracture may be wholly obscured, absolutely unknown, but the effects may be easily discerned, and the consequences prognosed to a certainty, the remedy applied satisfactorily, and harmony restored easily; but the prime cause of the contracture never be known.

Irritation of nerve filaments, which end in a part, is the prime cause, but what caused the irritation may be a matter of conjecture, and yet, when all that we know about causes is comprehended, it resolves itself into very narrow limits, hence we are forced to deal with effects, rather than the cause. There are certain conditions we may know, and are assured that we are right in regard to the certainty of their existence, and experience has proven the truth of our conclusions.

Finding certain conditions existing, we are led to the conclusion that certain results will inevitably follow, unless the conditions are changed, and if we know how to change the conditions in such a manner as to restore them to a normal state, we are satisfied with the results.

The rational application of the proper means to restore harmony, is the object of the author to explain, and we shall endeavor to do so in language easily understood, knowing that the science of curing the afflicted of disease, by physical manipulations, is a matter of especial importance, for many reasons, and the first and most important reason is that there is such a large class of people who are wholly ignorant of any other means of reliable treatment, that will cure disease, but medicine. Prejudice, the child of ignorance, has so circumscribed the minds of people that they have had no desire to extricate themselves from their environments, are content to remain ignorant of the very thing which, most of all others, concerns them—**Health.**



MANIPULATION No. 39

To think that health could not be attained, except through medication, has been the prevailing thought for ages, has befogged the minds of millions of people, ever since medicine was first forced into the stomach of the first victim, Asa, 3500 years ago, and he "Slept with his fathers"; and yet the people have never learned—all of them at least—that medicines do not cure disease; but, because some get well who take it, therefore it is necessary to take it, cure or not, just because some have taken it and gotten well, regardless of the number it consigned to untimely graves.

Many are becoming enlightened in regard to these matters, and are abandoning the use of medicine, because they have learned that there is a better way to get well, when sick, than taking medicine. Many physicians are often heard to advise their patients, saying, "The less medicine you take, the better off you are." If that be true, why take any medicine? You will not, after you shall have learned that physical manipulations cure more quickly, more certainly, and with no bad after-effects from their use as medicine often leaves.

Many cases are cured by a single treatment, at once, whereas medicine may be taken many days, the patient get worse all the time, the disease may run its course, and the patient die, or get well, regardless of disease or medicine.

There is a certainty in Neuropathic manipulations, which does not inhere in the use of medicine, of favorable results, hence the preference for them by all who know anything about the science of Neuropathy.

If the physicians, as well as the people, would lay aside their prejudices, and honestly investigate the principles and the philosophy of drugless methods of healing—"Prove all things, and hold fast that which is good"—great good to all would result, and proscriptive, unjust medical legislation would cease. "To protect the public from the imposition of quacks" would be a thing of the

past, and would not disgrace the statutes of any state or country, for the people would be privileged to select their own physician, regardless of cult or party interest, state medical examinations or restricted liberty of any kind, for every one would recognize the fact that all men are created free and equal, so far as choice and action are concerned, especially when his own personal, special interest is at stake.

The FREEDOM OF CHOICE is a privilege that all men ought to have. All medical laws are proscriptive, unjust, unconstitutional, not needed. They do not protect the people, but rather impose upon them forced submission to certain cliques, of a supposed medical standard of medical practice, debarring all others from practice who have not passed their medical standard, thus forbidding the afflicted the right of choice, as to their physician.

HOW TO MANIPULATE THE BODY TO CHANGE CONDITIONS

There is much more ingenuity needed in physical manipulations in the proper treatment of the invalid to relieve pain and rightly adjust the system so as to eradicate disease, than there is in administering a medicine to cure any disease.

The manipulator, to treat the patient properly, should be familiar with anatomy, physiology and pathology in order to intelligently restore the various parts of the body to their normal condition; for without this knowledge failure may result and harm be done, instead of benefit, which should be the design of adjustment.

Muscular Contraction Overcome.

To overcome the muscular rigidity is the principal thing desired in manipulation, for this rigidity is the prime cause of disturbance, as it interferes with the circulation of the fluids and tends to unduly compress nerve filaments, thereby interfering with their function.

If the pressure is strong enough to arrest the blood in the small veins, very soon there ensues a collection of venous blood in the parts; as a consequence, nerve filaments are separated, their functions disturbed, disease is the result—locally as a rule; then it affects the whole body, and a general disturbance is manifest.

Without freedom of the circulation of all of the fluids in the body, and oxygenation of the blood, any disease may ensue, from an Epidermitis, to Tuberculosis. Without absolute freedom of the nervous system from undue pressure, its functions are disturbed or arrested, then physical pan-

demonium prevails throughout every organ and cell in the body.

The interference of the circulation of the fluids—not only the blood, but all other fluids—in the body, results in abnormality, pathology; therefore, a prime cause of almost every known disease.

A disturbance of nerve function may cause interference of the circulation, hence both these factors are correlated as causes of disease, and deserve attention. The normal condition of the nervous system is evidenced by the proper functioning of all of the organs of the body; the normal condition of the circulatory apparatus is known by the action of the heart, and the pulse throb.

The presence of pain may be ascertained by tenderness to the touch, or from the patient's confession; the organ affected may be known by the nerves ending in the part, traceable by the soreness of the nerve filaments involved. The character of the treatment is indicated according to conditions found.

Manipulations. Patient in Recumbent Position.

It is not enough to know the philosophy of a science, for, without its practical utility is demonstrated and properly understood and applied, it is useless.

The three principal things to be derived from the application of Neuropathic manipulations—which means to take off the pressure from fluid-carrying vessels, from nerve filaments, lymphatic vessels, and to relieve undue muscular contracture; to arrest nerve waste, so as to permit every organ in the body to perform its wonted, normal function—are normal breathing; normal circulation; normal nerve function, they being the conditions which prevail when one is in HEALTH.

To bring about these conditions, when they do not exist, or when not normal, is the prime object of using

physical manipulations, so as to restore harmony throughout the entire body, as nearly as possible.

The various manipulations here presented will be found to be the best in use, and serve the purpose better than any we have found, or heard of; if faithfully, and rightly applied, will render acceptable service in all cases where relief is possible through physical manipulations.

Each particular manipulation has a special influence over special tissue involved; special blood vessels; special muscular structure; special nerves; and relieves certain, and special conditions, usually immediately, and starts the patient on the way to recovery. They may have to be repeated, many times, before recovery is fully established, but persistence therein rewards the manipulated with freedom from disease, provided other conditions are met, such as proper food, proper breathing, proper rest, exercise, proper environments, and influences, which make up the sum total of a well balanced life, receive due attention.

We hope the manipulator is now sufficiently informed as to the object of these manipulations, that every manipulation will be applied in the manner directed, that no undue violence used may bring reproach upon the science, nor pain or injury to the manipulated; for there is not the least necessity for so doing.

It will be remembered that FREEDOM from nerve-pressure, freedom of the fluid circulation, freedom from muscular contracture are the THREE things to be accomplished by these manipulations.

In the treatment of the spine, where extreme tenderness, or where very great rigidity of the muscles exist, the hot applications should be used; they should be repeated every few moments, occupying twenty to thirty minutes, applying the hot towels thereto.

This method of applying heat to any part of the body, where moisture is required, will be found the most con-

venient, and always satisfactory. A description of the can be found by the author is found elsewhere.

Another excellent way to relax the muscles of the back, along the spine, is to place the heel of the palm of the hand gently on the rigid muscles, pressing on the spine, and at the sides of the spinous process, moving the hand thus placed from the head and neck right on down the whole length of the spine. This may be done prior to any adjustments, and in many instances will be found very satisfactory.

In very fleshy persons, the vibratory movements along the sides of the spinous process will serve an excellent purpose in relaxing the muscles thereof.

It should be remembered that the muscular contracture is the essential thing to overcome, and it requires much attention before it completely yields, and the operator should be able to improvise the means necessary for accomplishing this purpose, so as to be able to render the best service possible.

The Time Required for Treatment.

It is a mistake to occupy lengthy seances in the treatment of patients. Three to five moves of the limbs are usually sufficient for one time. There may be several minutes occupied in these manipulations, not over ten or twenty, to go over the entire body, for all may be accomplished that is necessary at one sitting, in that time, whereas, if longer time is consumed it is exhausting to the patient. This will depend, however, how expert the operator may be, as to length of the time taken to treat and adjust the patient for the conditions found.

We think we have described the best manipulations possible, in the body of these instructions, to remove abnormal pressure, free the circulation of the fluids, and restore normal action of the entire physical organism, under all conditions. We insist upon their adoption and

persistent use by all who desire the welfare of the afflicted.

Deep breathing, bathing and the proper diet and exercise should not be neglected, but observed steadily and for a purpose. Care and anxiety should be avoided.

Appliances.

Kettle recommended in which to heat cloths for use in the practice, where heat is necessary for relaxing muscles or for applying to the body to relieve pain or inflammation:

A sheet-iron garbage kettle, holding three to five gallons of water is large enough for all practical purposes. Have a circular piece fitted inside the kettle, resting on pieces of bent sheet-iron fastened to the bottom of the partition of these foot-stays, having the circular partition cut full of holes, with a larger one in the center to lift it by, and have this about one-third of the distance from the bottom. This forms a covering above the water to place the towels on. Leave enough space to hold about a gallon or more of water; fill half way to the partition.

Cover with a good-fitting lid, and set the kettle on a gas jet, or the stove. When water is boiling shake out and drop in a number of bath towels; cover and keep water boiling hot, and the steam, and heat, keep the towels ready to apply to the body. They require no wringing, only as they are washed, after applying them to the body, to be returned to the kettle again. This is much better, more convenient, than to dip cloths in hot water every time one is to be changed, and every time having to dip the hands into scalding water. This arrangement will be found convenient in treating many conditions where hot cloths are a necessity.

THE PHILOSOPHY OF MANIPULATIONS

Heat expands and cold contracts all substances affected by them. Muscles are subject to the same law. Cold applied to the surface of the body causes contraction of the skin. The contraction of the skin influences deeper structure in which nerves are located; these contractures influence deeper nerve endings, the influence involves still deeper structure, until, in many instances, may not only involve a whole muscle, but extend to other adjacent muscles, and these others, until, perhaps, the entire body is affected. The contracture of the muscular fiber squeezes the small blood-vessels and the nerves which pass through them, thereby interfering with their function.

If the blood is impeded in its flow through the capillaries, nourishment of tissue fails to take place, emaciation ensues, the venous blood fails to be returned to the heart and lungs to be purified; if the pressure is upon the nerve filaments they fail to perform their functions, so there may be inharmony produced by either condition resulting from contracture of muscular fibers. Disease may ensue immediately, or some time may elapse before any manifestation of disease is expressed, and in rare instances, the conditions may right themselves, and no disease follow, for the pressure may not continue long enough to produce abnormality in the parts.

These contractures may take place in any muscle or organ in the body, and results may be acute or chronic, according to the degree of pressure upon the blood-carrying vessels, or the nerves involved therein.

The greater amount of trouble is usually caused by the failure of the venous blood—return circulation—due to undue pressure upon the small veinlets which gather up

all of the capillary blood not used, as well as the waste materials, due to used up tissue in the neighborhood of the capillaries, where the arterial blood distributes its nutrient products, and the unused elements are ushered on through the capillaries into the veins, which finally find their way back to the heart, thence into the lungs to be carried through a process of exchange of commodities, and be transformed into life-giving, rejuvenating elements to build up other tissue.

The manipulations instituted by the author of this treatise will be found adequate, if applied according to directions, the operator having a fair understanding of the anatomical structure and functions of the several organs, the muscular system, and a little experience in the *modus operandi* of applying them to the uses intended.

The proper application of the manipulations has much to do in results. If awkwardly applied, they cause resistance from the patient, and sometimes are productive of harm, rather than the good intended.

Due consideration should be given to the function of the muscles involved—whether they be flexors or extensors—for they all have but ONE function, and that function is to contract; whether the limbs are to be extended or flexed, due regard should be had to the object desired, or the effect the movement would have upon the muscular fibers, or the vessels to be affected by the movements of the muscles or muscle, and the force to be employed to accomplish the purpose intended. Much discretion should be used by the manipulator in the application of the science of Neuropathy, the conditions governing each case must be taken into consideration, embracing the whole field, whether in the treatment of acute or chronic diseases, the condition of each, the character of the disease to be treated, age, habits, circumstances, etc.

The object of all manipulations should be to change the diseased conditions to that state denominated harmony,

ease, health, freedom, normal relationship throughout the entire body. In other words—TO TAKE OFF THE PRESSURE.

It will be readily understood that when the venous blood is arrested anywhere along the line from its connection with the arterial blood in the capillaries, some unnatural condition will ensue, especially if the interruption or cessation of the flow continues for a few hours—even moments—in some parts of the body. The blood in the veins accumulates, the expansion implicates nerve-footlets, this interferes with their function, thus increasing the difficulty, because the nervous system becomes involved. The amount of accumulation measures the degree of disturbance in the surrounding tissue. In freeing the impeded venous blood, the nerves are also freed from pressure, and the conditions changed from an abnormal to a normal state.

HOW, WHEN AND WHERE TO MANIPULATE, AND WHEN TO QUIT, ARE IMPORTANT

The promotion of normal circulation is the first consideration in all affections; as the blood is the life of man, it should be distributed throughout the entire body. The arterial blood contains the nutrient material which supplies every tissue with the proper element needed, being composed of the elements in the food eaten and the secretions from the glandular system, and being purified by the air breathed, it is the element of the first importance.

The arterial circulation is maintained by the vaso-motor nervous system ending in the muscular coat of the arteries, causing that condition denominated peristalsis; the nervous system should be free from pressure from origin to terminus, because ever so slight a pressure influences its action, its influence being manifested only at the endings.

Slight but steady pressure upon the upper cervicals influences the circulation of the blood in all of the arteries in the entire body, and here is the place where pressure assuages the raging fever and the throbbing heart, regulating the force and the velocity of the current of life—the arterial blood.

Here is the beginning point of manipulations for all functional, human ills. Whatever else is to be done, it follows this manipulation, for the blood is the first thing to look after in the treatment of all conditions known as disease in the human body, and as it furnishes material to renew the waste tissue and to repair all deficiencies, it demands first attention.

The Neuropath starts with the vaso-motor filaments at the base of the skull, in or on the upper cervical di-

vision—posteriorly—using the fingers to do the pressing, as shown elsewhere in this treatise.

The next step to be taken is to manipulate the neck muscles on either side of the neck from side to side, until all of them are manipulated, thoroughly. Then the Clavicles are to be raised, in either of the three ways shown elsewhere. Then the chest walls are to be expanded, by stretching the arms, one at a time, on either side, pulling them upward and placing fingers of the other hand on the sides of the spinal column, with considerable pressure at each stretching of the arm upward.

The movements of the arms may be made at the head or at the sides of the table. Then the lower limbs will demand attention, using the manipulations shown elsewhere—each limb. All these manipulations are for the purpose of freeing the circulation of the blood and other fluids of the body, and may be made with more or less intensity or force, as the indications demand and the condition of the patient seems to require, or has the ability to endure, without pain or injury.

After the front part of the person has had the foregoing treatment, the spine will require attention, so the patient will change position of the body, lying with the face downward, the spine exposed, so as to facilitate observation of the contour of the spinous processes—deviations indicating a drawn condition of the muscular structure and a change of contour of the spine.

DISEASES OF THE CHEST

When we take into consideration the form of the chest, the insertion of the muscles of the ribs, and the fact that they are drawn toward their origin, we find that they affect not only the circulation of the fluids in the muscular structure, but also the size, shape and functions of the organs inside the chest walls. Undue contraction of the pectoral muscles, together with the muscles which are inserted in the upper dorsal and chest bones, produces a narrowness of the chest which interferes with inspiration and restricts the expansion of the chest walls, crowding the diaphragm downward, all of the intestines and viscera receiving more or less displacement; consequently there is interference with the circulation of the fluids and of the function of all the organs inside the chest walls as well as the abdominal wall. All muscles of the chest perform function as all other muscles in the body do, by contraction. The contraction of the external muscles of the chest walls tends to draw the chest walls closer together, limiting the capacity of the chest. The intercostal muscles contract the ribs together, closing around blood vessels and nerve trunks, including the nerve filaments, interfering with the breathing apparatus as well as impeding the venous circulation, the intercostal veins and the Vena Azygos Major and Minor inside the chest walls. All cases of disease characterized by inflammation of the lung tissue, are caused by a deficiency of expansibility of the chest walls. Every disease known to humanity is a result, either of insufficiency of expansion or due to contraction of muscular fiber, or deficiency in the function of respiration. Manipulations relieve muscular contraction.

Description of Manipulations.

While the patient is lying face downward.—Now succeeding the description of the manipulations on the front side of the body, while the patient is lying on the back, we go directly to the spinal column, and do what we call palpate, or diagnose diseased conditions from the spine. Beginning with the upper cervical vertebrae we ascertain whether there is a deviation of the bones of the processes or the body of the bones from a normal condition. If we find a deviation along the spine, or nerves impinged, they will express themselves on pressure, by soreness; the soreness will be intense or mild, according to the amount of pressure over and around the nerve. The various localities to palpate along the spine need not be mentioned on this occasion. Palpation is not the word that can be understood by the ordinary people. It has no special significance except such as Chiropractors have given it. The word "Diagnosis" is better. We diagnose, then, the condition of the system from the spinal deviations, either to the right or left. Muscular contraction produces all the deviations of the spine. We are deficient of evidence to prove, from the anatomical structure of the bones, that such a thing as luxation or subluxation can exist without laceration of the tissue. Bones may be drawn sidewise, or may deviate backwards by the position the patient assumes, either temporarily or permanently. After a long continuation of contraction of muscles we may have permanent curvature of the spine, laterally, posteriorly or anteriorly. The lateral curvature is known as "Spinal Curvature;" posterior curvature is known by the name of Kyphosis; the anterior curvature by the term Lordosis. These conditions, it will be remembered, are products of muscular contraction. The diagnosis will demonstrate the fact that where the concavity is felt is where the soreness will be manifest. If, for instance, we feel along

down the spinal column with one or two fingers, and we find a concave surface on one side and a convexity on the other, we will, **almost always**, find soreness on the concave side of the spine, and the nerves impinged, in this concavity, will indicate the organ diseased, because all nerves express themselves at their endings. If we have superficial pains or intercostal pains, adjustment, at these particular localities, will immediately arrest the pains. If we have profound inflammation or disease of the internal organs, it may require a number of treatments to relieve the patient. After we find the sore place, known by the tenderness on pressure along the spine, we relieve this condition by directing a force through the arm, on the opposite side, in the direction indicated by the position of the body of the vertebra where the soreness is manifested. In the cervical area it will be well for the student to understand that he must know the normal condition and distribution of the nervous system before he can correctly, or intelligently, diagnose impingement and results in any organ in the body. Each and every leash, or bundle of nerves, which emanates from the cervical, the dorsal, the lumbar, the sacral or the coccyxgeal plexus, ends in specific localities in the body, and expresses itself in the part where it ends. Hence the importance of knowing where each leash is distributed in the body, to intelligently manipulate the spine. Inasmuch as all deviations are due to muscular contraction, the muscles constituting one or the other of the five layers of muscles along the spine, it is important that the muscles involved be relaxed, or the pressure cannot be removed, which must be done before the pain ceases, which has been caused by the contraction of the muscles of the spine.

The manipulations which relieve the spinal nerve impingement, are here briefly described:

These consist of direct thrusts of the manipulator against the sides of the spine, against the convex inclina-

tion. For instance, if we find a curvature on the right side of the spine, we will find a convexity on the left side. In order to relieve this concavity we adjust the bodies of the bones on the convex side, and immediately a response may be heard, a clicking sound, which means a separation of the facets of the articular surfaces or surface of the lamina or ribs along the sides of the bodies of the vertebrae. These articular facets being the articular facets of the bones themselves, permit motion of the spine in all directions, and if drawn closely and tightly together by the contraction of the muscular fiber, the fiber itself contracts down upon the nerves that emanate from the foramen, and under the muscles or ligamentous structure or tendons attached to the muscles. Hence the importance of knowing this fact, because without relaxation of the muscles we have no freedom of function of the vessels and nerves passing through or under the muscular tissue, or the tendons connected with the bones of the spine. In order to adjust the system with itself, as stated above, we place our hand on the convex side of the body where deviated, with the pisiform bone upon the spinous process, over the lamina of the vertebra, give a sudden, forcible thrust, stiffening the arm, letting it become rigid, making the thrust short and quick. A repetition of the thrust may be necessary, and in some instances there may be a necessity of making the thrust directly against the spinous process, more obliquely, maybe downward, maybe upward, depending upon the position and condition of the bones involved. Sometimes we place both hands on the back at the sides of the spinous processes, with the thumbs against each side of the processes, stiffening both arms, make the thrust directly downward or upward, or in any direction indicated.

Another way to adjust the spinous processes and relax the muscular system is known as the "Heidelberg Movement," and this is applicable to young people, espe-

cially those whose vertebrae are easily moved. Their spines may be deviated without showing any special tenderness, it may be simply spinal curvature; and where the tissues are flexible the trouble may be corrected by merely pressing against the convex side of the spine, pushing the bones in the opposite direction as the patient takes a long, deep breath, and lets that breath immediately out of the lung. You can sometimes cure curvature of the spine by pushing against the side of the spinal processes and down against the body of the bone. This may be done very readily, and at one sitting.

The student will always remember if the contour of the bodies of the vertebra is smooth there will be no trouble along that part of the spine. The muscles being attached to the tubercles and lamina of the bones, they being so constructed that it is a matter of impossibility to draw them apart by muscular contraction without laceration of the tissue around their facets, luxations and subluxations do not occur. The contraction of the muscles which are attached to the tubercles of the vertebrae influence the direction of the vertebrae by their contractility, and with the contractility overcome, the facets articulate normally. The Chiropractic movement is the direct thrust, the Heidelberg is the pushing of the thumb, and the Osteopathic is legion.

If we find deviations in the upper dorsal vertebrae while the patient is lying with his face downward, we slip our hand over the shoulder in front of the clavicle, placing the thumb at the side of the vertebra deviated, the hand of the patient out from us; suddenly the operator, pressing the arm of the patient against his body, putting the thumb against the side of the vertebra, and the other hand up over the forehead and side of the face of the patient, drawing the arm to the side suddenly, holding it rigid, throwing the head backward toward the body, makes a sudden push and a sudden shove, and he will feel and hear the clicking.

A GENERAL SUMMARY OF MANIPULATIONS

The forty-one muscles of the neck are responsible for very many of the pathological diseased conditions of the head and neck, on account of their influence over the venous, capillary, and lymphatic secretions in the tissue, resulting from undue contracture of their fibers. All the blood from the head is emptied into the jugular veins, and all of the venous blood, beginning at the ends of the capillaries; the blood passes directly through the smaller veins to the larger ones. These larger veins empty themselves into the jugular veins, which pass down the neck on either side of the trachea, and empty into the right auricle of the heart. The circulation of the blood is dependent, therefore, upon a normal condition of the muscular fiber of all the muscles through which the smaller veins empty their contents. The effect of the contraction of the forty-one muscles of the neck on the circulation of the blood, and the influence of the nerve filaments and the lymphatic vessels is apparent from results which follow. Retention of venous blood forms a nidus (a starting point) for disease. Decomposition due to impeded venous circulation, is the prime cause of the larger number of diseased conditions mentioned in our pathology. Bacteria has little to do in producing disease. All pathological conditions are results of **impeded venous circulation**, undue pressure upon the nerve filaments, or toxic influences which have no relationship to bacteria. Bacteria only invade the system where decomposition has already taken place, which may have been from impeded circulation of the fluids through veins, capillaries or lymphatic tubes. Impeded venous circulation produces congestion of mucous membrane in all parts of

the body where mucous membranes exist. The venous blood is not only retained in the veins, but the lymphatic secretion is also obstructed in its passage to the veins; hence the influence of muscular contraction has a wide range and is responsible for pathological conditions in any and all parts of the body.

Congestion of the mucous membranes results in inflammation. This congestion of venous blood produces that condition known as croupous formation, which is commonly known as "membranous croup"—also that disease known as diphtheria, as well as scarlet fever, ulcerated sore throat, pharyngitis, laryngitis, tonsillitis, catarrh, enlargement of the glands, and all diseases of the mucous membrane.

Contracture of muscular fiber is a prominent factor in deafness, conjunctivitis, erysipelas, enlarged thyroid glands, and exophthalmic goiter.

To cure these conditions, circulation of the fluids, especially in the veins and lymphatic vessels, as well as the nervous system controlling the action of the muscular fiber, must be reduced to a normal state. When this is done, disease no longer exists, because pathological conditions become normal conditions; and these conditions are the result of perfect freedom of the flow of the fluids, and the removal of undue pressure upon nerve filaments.

The means which should be instituted consist, Neuropathically, of physical manipulations applied to the muscles involved, with a view to relaxing muscular fiber, so that the fluids may pass through their normal channels uninterrupted, and the pressure removed from nerve filaments, which perform their functions at their endings. These manipulations not only free the circulation of the venous blood, but the circulation of the glandular secretion, the lymphatic secretion, and restore normal conditions.

The far-reaching effect of the manipulations of the

muscular structure of the neck can not be computed, nor imagined. The recuperation of the system to a normal condition is absolutely dependent upon the freedom of venous circulation. The glandular system secretes fluids which supply organs in various parts of the body, and these organs manufacture their secretions from the arterial blood, which passes into them (except the liver). Excessive contraction of muscular fiber around or over these ducts, lessens or destroys glandular functions, hence interferes with normal functions.

This may be amplified as occasion demands by the student, and is applicable to all the glandular secretory organs of the body, including the liver, pancreas, and even has to do with the secretions of the kidneys, all of which may be interfered with by muscular contraction; which emphasizes the necessity of relieving muscular contraction.

This may be done in the several following ways: The patient lying on his back on a good, comfortable table—a description of which is given elsewhere; the manipulator approaches the patient at the head of the table, taking hold of the sides of the neck, placing the fingers of both hands against the sides of the processes in the upper part of the neck called the cervical spinal processes; then placing his body against the top of the head of the patient in such a manner as to hold the head still. Raise both hands with the neck upwards, bending the anterior portion of the neck forward, then letting the head free and the neck back to its normal position. This should be done three or four times, gently but strongly and firmly, for the purpose of stretching the muscles of the back of the neck.

Next, the operator will place one hand under the upper part of the back of the neck—the fingers back of the mastoid process, and the thumbs behind the mastoid process of the other side of the neck. Placing the other

hand under the chin, make a gentle, firm pull of the body by the neck thus held, until the feet are seen to move; turn the chin with this hold firmly made, holding the neck taut, then turn the head by pulling upon the chin side-wise toward the side of the body on which the arm of the operator is resting, and just at this point where the chin is turned seemingly to its limit, still holding the head and neck muscles taut, make a quick, short jerk with the hand, pulling the chin a little farther. At this juncture there will be a slight clicking of one or more of the bones of the neck. Let the head go back to its normal position, and repeat the operation the other way by changing the hands.

We next place both hands on the forehead, pressing down sufficiently to move the skin and the muscular structure rapidly, by an oscillatory movement of both hands simultaneously. After doing this for a moment or two, stroke the forehead with the palms of the hands or the heels of the hands outward from the center of the forehead; then with the thumbs press from the root of the nose the eyebrows outward a few times; pass the thumbs down to the sides of the nose, rubbing the cheeks downwards and outwards for a few strokes.

Next, place the hands at the sides of the face of the patient down as far as the ears and lower jaw, place the thumbs on either side of the nose, and vibrate briskly for a moment or two. The next thing to do is to take hold of the nose with two fingers on one side and the thumb on the other, vibrate briskly two or three times.

Next, with the thumb and forefinger placed on either side of the bridge of the nose down on the little prominences called the papilla, or puncta, at the inner side of the eyes, squeeze these papilla together against the lachrymal bones, then with a sudden push downward two or three times will be sufficient to stimulate the circulation of the blood in that part of the face. Next, the operator takes his place

at the side of the patient, places one hand on the forehead in such a manner as to hold it and roll it from side to side easily, without undue pressure or force, places the other hand with the fingers cupped or bent slightly, upon the muscles of the side of the neck, pushes with the hand on the forehead, rolling the head away and pulling with the hand on the muscles of the neck, pressing down upon the muscles with force enough to hold them from slipping, pulling the muscles from their moorings as the head is pushed in the opposite direction, changing the position of the fingers to different localities on the side of the neck until all the muscles have been manipulated carefully, gently, firmly, when relaxation to a greater or lesser degree will have been made. Change position to the other side, and treat the other side of the neck in the same manner. This finishes the neck treatment.

The next thing is to raise the clavicles. The importance of this movement will be better understood when we know that the clavicles obstruct the circulation of the blood from the head through the large jugular veins to the heart. The easiest and best way to raise the clavicle is to stand by the side of the patient—if to the right side, place the right hand at the elbow of the patient in such a manner as to include the elbow of the patient in the hand of the operator, and in this position press the arm to the side of the patient and then push it upwards strongly, which raises the clavicle so that the fingers of the other hand may be placed near the sternal end of the clavicle (the inner end) and with the fingers thus placed pull the clavicle outwards gently, and at the same time press the elbow outwards and upwards, holding it taut all the time. Then let down, and repeat this two to four times.

Sitting Treatments.

Treatments while sitting on stool or chair: First, place the arm under the chin of the patient, with hand on

the opposite shoulder, and put the other hand on upper portion of the back of the neck, grasping the sides of the Ligamentum Nucha and pressing against the neck on either side of the spine with the thumb, and fingers on the other side of the spine, lifting up with the arm and pressing up strongly against the neck, rotating backward and upward, pushing strongly against the back of the neck. Do this five or six times, then let go.

Next, place the hands on the forehead with the fingers in the same position on the back of the neck as before, but a little lower down; then throw the head backward and forward, moving fingers down until you come to the top of the shoulders, pressing fingers against neck muscles; now change the position of the hands, and turn the head by one hand placed on the forehead and the other on the neck, grasping the neck muscles on opposite side with thumb on side of neck next to you, push head from you, hold the hand on the forehead, press the fingers on either side of the spine, high up in the Vaso-motor area, first to fourth cervical, and press backward strongly against the fingers and thumb, holding it there from two to five minutes (in case of fever), at the end of which time the patient's fever will have subsided.

The next movement is to place the hand on the forehead, the thumb on the side of the neck next to you; place the fingers on the other side of the neck, grasp the muscles and keep the fingers slightly curved, then push the forehead from you, turning it in the opposite direction, pull at the same time, with the hand on the neck, pulling the muscles from their moorings, turning the head slowly from you, holding the muscles taut that you grasp with the fingers on the neck, manipulate all the muscles on that side of the neck, lifting them from their moorings, pulling them toward you. Then change sides, put your body against the shoulders of the patient to hold them steady, change position of your hands and treat the other

side the same way, gently pushing the head around in a rotary motion, pulling the muscles on the opposite side of neck, manipulating all of the muscles by changing position of your fingers, letting the thumb be the guide to hold your hand in proper place.

The next movement we make, ordinarily, is to place the hand in front of the patient's neck, extending the fingers to the side of the neck, with the thumb up to the side of the lower jaw, on the opposite side from where the operator stands; then place the other hand on the side of the head next to you, push the head very gently, letting the patient relax perfectly, pulling the muscles forward, pushing the head from you, incline rather to a rotary motion, having placed the hands on the neck with the second joint of the second finger directly across any soreness, prominence or tenderness, holding it there, continuing the rotation, suddenly give a short, quick movement, jerking the hand on the opposite side of the neck toward you, pushing the head from you quickly (a simultaneous movement—both hands), and you will usually hear a clicking sound. This relaxes the muscles involved and relieves the soreness.

Going around in front of the patient, hold patient on stool with knees of operator against those of patient, catch hold of the sides of the head, with the ears between the thumb and forefingers, stoop down so as to be able to lift the body by the neck strongly, holding it in that position, make a rotary motion, keeping the neck muscles taut all the time, until several rotary motions have been made, then let go. Then replace the hands to the sides of the face with the fingers on the back of the neck, press the head backward, with heel of hands, pulling with the fingers strongly on the back of the neck. Do this several times, changing position of the fingers in order to relax the muscles of the back of the neck.

Another movement, go behind the patient, throw

the arm around the neck of the patient, place the thumb on the top of the clavicle near its sternal end, hold the shoulder of the patient with the arm, catching hold of the opposite arm to which the clavicle is attached, reaching arm around posterior, taking arm by the wrist with hand, lift the arm backwards and upwards strongly, pressing the thumb against the top of the clavicle, and when you get arm up taut, pull a little more, and jerk arm back and upward slightly, then let go. That is one way to raise the clavicle. Another is, to take hold of the arm on the side of the neck, of the clavicle you wish to raise, place the hand on the side of the neck with the second finger just above the clavicle, and the thumb back over the shoulder. Now raise the arm next to you, pressing upward and forward across the chest of the patient in front of the chest, or face; then press the clavicle outward over the finger, pressing the finger down behind the clavicle.

In the next movement, stand behind the patient, take hold of the wrist with the palm of the thumb on the palm of the hand of the patient, with the fingers around the wrist, letting the patient relax. Place the feet in such a position that you can hold the patient steady; with the hand holding the arm, the thumb placed on the side of the vertebra, as high as the first dorsal; then with the hand holding the arm, make the arm rotate up over the head, when getting up to the top of the head, bring the hand down suddenly, at the same time pushing the thumb in the direction opposite from which the arm came. Repeat this, going down the back the distance of several vertebrae, or as far as the middle dorsal region, then change the fingers, put the knuckles on the other side of the spine, the arm against the side of the body (the operator's), continue the movement of the arm, pressing the knuckles against the back, going down the back in this way; then changing to the other side, take

hold of the other arm, repeat the movement. This stretches the muscles of the back, and the serrati, pectoral and intercostal muscles. Now remember how we take hold of the patient—the palm of the thumb on the palm of the hand of your patient, flexor muscles turned toward patient's body.

In order to intensify the dilatation of the chest walls, we stand behind the patient, take hold of the arms above the elbows and place the knee high up on the back, between the shoulders of the patient, pull backward on the arms against the knee, stretching the intercostal and pectoral muscles, and all the muscles of the chest, by pulling backward against the knee, doing this with a springing movement backward, turning the limb of the operator across the spine, so as to let the knee on the back be across the spine, as you go down, and not cause pain by direct pressure on the spinous processes. This movement stretches all the muscles of the chest, and expands the chest, hence is the best treatment for colds you can institute. It stretches the intercostal muscles and permits the person to breathe easily, as it gives more room for the lungs.

The next movement is as follows: The patient locks both hands above the head, the operator places one arm over the shoulder of the patient, pushing the arm through one of the spaces made on either side of the head, catching hold of the fingers of the patient's locked hands, placing himself in such a position that he can stretch the chest and body backwards; bends himself backward and sidewise, pressing with the thumb and fingers on either side of the spine, stretch all the muscles again. This is done by the pressure of the hand against the sides of the vertebrae, the thumb and fingers against the back on either side of the spinous processes. Repeat this, changing position of hands, until you get as far down as the twelfth dorsal.

Another movement: Have patient place both hands in a locked position behind the neck; stand before the patient, holding knees of patient between your own knees; then place the hands in the spaces at the side of the head of the patient, with the fingers of both hands placed at the sides of the spinous processes, high up between the shoulders; spread the arms outward, pressing against the spine, and spreading the patient's arms apart several times, pulling strong and pressing out, holding fingers firmly at sides of spine. This stretches the muscles of the chest.

Another movement: Standing in front of the patient, with the knees of the patient held by the knees of the operator, take hold of the wrist of the patient, the right hand of the patient held by the left hand of the operator, then place the other hand over the shoulder, with the fingers over the scapula, cupped a little, push the arm up over the head, pulling at the same time, pressing strongly against the muscles of the shoulder, on the top and back part; repeat this several times, change position of the fingers, so as to manipulate all the muscles of the shoulder, being careful that each move shall be natural, so as not to cause pain to the patient. Then take hold of the other arm and repeat the process.

Another movement: The patient sitting on the stool, the operator holding the knees so they will not slip off the seat, the operator catches hold of the wrist of the patient, turning the palms of the hands toward each other, having an assistant place the thumbs at the upper portion of the spine, as high as the sixth cervical or the first dorsal, placing himself so as to hold against the spine of the patient strong enough to keep patient in one position. At the same time the operator pushes the arms backward, strongly, lets them down quickly to the sides as the patient inhales, the operator at the back presses strongly against the lamina on the backbone. Each time

the operator pushes backward the assistant should go a little lower on the lamina with finger-pressure, until he has gone down the back. Have the pressure as strong as the patient can well bear. This stretches all of the chest muscles, and relieves the conditions caused by chest contraction.

Another movement: Let the operator hold the knees of the patient between his knees, and take hold of the right arm of the patient with his right hand; place the left hand at the side of the spinous processes; raise the arm, pressing it backward, pulling with the fingers strongly, and all at once let go, and let the arm come down over the arm of the operator. Repeat this until you go down as far as the twelfth dorsal; change hands and repeat the same on the other side. This is for the liberation of the pressure on the liver, spleen and stomach. In this movement change or move the hand on the back as you go down the spine.

PHYSICAL MANIPULATIONS

The importance of physical manipulations will become more apparent as to their utility, as the student becomes familiar with the influence exerted in the feelings of the one receiving them, as well as the effect they have on the circulation of the blood and other fluids of the body, and the change made in the muscular contractility, as the mental change in the one who is being manipulated.

The operator should begin these manipulations with the muscles of the neck. The neck muscles are prominent factors in obstructing the circulation of venous blood in the head, by their contracture, which obstruction causes many conditions, called disease, by arresting the flow of the fluids through their normal channels, more especially the venous circulation.

The contractility of muscular fibers squeezes the small venules, closing their lumen, and prevents the normal flow of the venous blood to the heart, and to the lungs, where it should go, to be oxygenated. If the venous channels are intercepted, capillary congestion ensues, chemical changes may take place, which become disease factors; hence the absolute necessity of keeping the circulation normal.

The venous circulation is not only interfered with by muscular contraction, but the lymphatic circulation is also intercepted, and the small nervelets are unduly pressed upon, their functions abridged or aborted, the vital energy of them modified or destroyed, and shrinkage or atrophy of the muscles ensues.

The manipulations are to be continued until the muscle-fibers are relaxed and flexible. All of the muscles of the head and neck should receive due attention before leaving them, and the manipulator should see to it that a

normal condition results from these manipulations, in order that a free flow of the fluids may be established; for it is only in this condition harmony is possible, and health restored.

All known diseased conditions are amenable to Neuropathic treatment; it is the most rational method known. It is effectual, harmless, leaves no bad after-effects, as medical treatment usually does.

When the muscles are in a normal, relaxed condition, there is absence of pain and harmony prevails throughout the entire body. The normal flow of the fluids and non-interference of the nervous system are conditions which are essential to our physical well being; for the nervous system cannot perform its functions unless it is free from pressure or other interference, and the elements in the blood cannot be distributed properly unless the channels are kept open, free from pressure.

This subject is one that needs much study and the manipulator cannot be too careful to utilize every possible means to bring about these conditions, if a cure is to be expected through the application of Neuropathy.

DIAGNOSIS VS. CURE

Physicians of the Regular schools, as well as others, are wont to emphasize the idea of "Correct Diagnosis" as the best evidence of a physician's qualification, and regard it as a prerequisite to the treatment of any condition, or disease.

It is an evidence of qualification to be a good diagnostician, but it is no evidence that a man is a good physician, or that he knows how to institute means to remedy a difficulty or to direct means to change conditions from an abnormal to a normal state.

Many a physician can sit down by the side of a sick bed, examine and tell all of the characteristics, stages and terminus of the disease, yet be as ignorant as a child in regard to the means necessary to bring about results desired.

It is a matter of considerable doubt, among many thoughtful physicians, whether their long cherished ideas as to the efficacy of medicine in the cure of disease is as reliable as once it was thought to be. Medicines are uncertain in cases of emergencies, or where there is need of something to be done at once to save life, or to prevent an unfavorable termination. These facts are becoming more perceptibly manifest, as the drugless healers show by their physical manipulations more favorable results, render better satisfaction, quicker recoveries, fraught with little or no danger to the patient; whereas, in medical practice, oftentimes the medicine does incalculable harm.

Medicine should be administered with extreme caution, and by those who are perfectly familiar with its properties and effects in a given case, or under given conditions. It is adding a chemical which, perhaps, is incompatible to

the chemical conditions in the system, thus calculated to produce harm.

Medicine is a **foreign substance**, to say the least of it, and the question may be one of grave importance, whether it will change conditions favorably or unfavorably. It is necessarily a question of doubt, as to the consequences of medication. Long years of study along that line, shows medicine to be an unreliable, uncertain agent, and in a very large per centum a disappointment, even among the very best and most competent practitioners of all schools.

The Neuropath searches for conditions which result from impeded venous circulation and disturbances of the nerve filaments which perform functions at their endings. As long as these disturbances continue, or their effects remain, there is necessarily a pathological condition existing—what the effects are, is what constitutes the Diagnosis.

As all pathological conditions are effects of the foregoing causes, there can be but one logical conclusion as to what should be done.

The first thing to do, under all circumstances and for all conditions, is to so manipulate the system as to bring about a normal circulation of the fluids of the body, remove the obstruction from nerve filaments, remove the waste products, institute proper diet for nutrition, place patient in proper hygienic surroundings, pay attention to the eliminating organs—kidneys, skin, the breathing apparatus—to see that muscular tissue is restored to its normal condition. The conditions being thus changed, nature is satisfied, health is restored as soon as the elements can arrange themselves in the body, and all is done without any supposed pathogenetic effect of some drug, mixture or compound of medicines.

Whether one knows the exact state of affairs pathologically or not, he may relieve conditions, if he knows how

to restore normal action or function to organs which are involved.

While I would not wish to be understood as being opposed to the physician being a thorough diagnostician, for the more one knows of the human body, and all its parts, the better he understands Physiology, the better he can understand conditions, and how to apply the proper means of relief; per consequence, the better satisfaction he may render his patients, the better light will shine forth in the community regarding his ability to apply his profession—his science.

THREE NERVOUS SYSTEMS

There are three Nervous Systems which control the bodily functions. These are embraced in the terms—Cerebro, Spinal and Sympathetic. The Spinal Nervous system consist of a Motor and a Sensory nervous system.

These systems are subdivided still further. The Pneumogastric nervous system has the special function of generating the acid secretions of the body, and the Splanchnic nervous system that of generating the alkaline secretions.

These secretions are respectively denominated the Positive and the Negative Forces. These two forces determine the state of health, as they are in due proportion when the body is healthy, and abnormal when disease exists.

Excessive activity of the Pneumogastric nervous system produces too much acid in the body. Excessive activity of the Splanchnic nervous system produces too much alkali.

An excess of acid in the blood causes irritation of the nervous system; there follows contracture of the muscular tissue, undue pressure upon nerve filaments, disturbance of their function. The muscular contracture also interrupts the free flow of venous blood, which may end in any kind of disease. Toxemia is the immediate consequence of impeded venous circulation, and every known condition may be the result.

If an excess of the Alkaline secretion prevails in the blood, there will be a disturbance in the tissues known as Dyscrasia—a depraved or abnormal state; an abnormal or impure state of the blood. The tendency will be to boils, skin diseases, cancers, tumors, arterial sclerosis, brittle-

ness of the bones, typhoid and other fevers characterized by breaking down of the connective tissue.

The Pneumogastric nervous system and the Splanchnic nervous system form the solar plexus.

The neutralization of either excess can be brought about through the union of these two nervous systems. This is readily accomplished by the Neuropathic treatment from the fifth to the ninth dorsal vertebra, shown under the head of spinal treatment elsewhere in this volume.

Nerve filaments originate in the brain, form into bundles—leashes, begin to end as they proceed, from these bundles, in the tissue through which they pass, and execute their functions at their endings.

The intelligence—the mind—is conveyed through these nerve filaments; every function is performed with exactness, under all circumstances, provided no interference occurs with the nerve filaments, such as abnormal pressure continued long enough to arrest mental communication from the brain to nerve terminal, where nerve function is expressed.

There are two kinds of muscles, flexor and extensor; the first flex the limbs, the latter extend them. All motion of the body is due to the contracture of muscle fiber. The only function that muscles have, is the power to contract. Motion is due to nerve-end irritation. Mentality is expressed through nerve filaments. Without mental influence, there can be no motion.

The Controlling Influence—How Distributed.

There are certain plexuses located in various parts of the body, from which filaments pass and end in the tissue directly around the plexus, or remotely, depending upon the length of the filaments. Where these filaments end is where they express themselves—perform their function.

These plexuses are named Ganglia, by anatomists, and are said to be the origin of nerve cells—neuroglia, bipolar

or multipolar—and send out filaments directly to other nerve filaments, ganglia or into surrounding tissue.

Our position is different. These so-called ganglia are simply a bundle of nerve filaments, surrounded by connective tissue, a protective of nerve filaments, through which nerve filaments pass into tissue beyond them (some may end in them and perform their function as they do in the glandular system, selecting from the blood the secretions needed, which serve the purpose of nutriment for the plexus), frequently distributed in close proximity to the ganglia or plexus, or may pass on to remote parts in the form of bundles, which may enter and pass through other plexuses.

Our position is that all nerves originate in the brain, and we shall be consistent with our plea, and not state, as anatomists do, that the nervous system begins in the brain, and then assert its origin is in ganglia.

In order to have intelligent communication to all parts of the body, there must be direct communication from origin to endings of nerves. Each particular filament performs stated, special functions, and that function cannot be performed by another filament.

Without this order there would be no certainty of fixed function of any organ in the body. Communications would be switched off, and some other action would ensue, because different parts of the body have their special functions to perform, and these several parts of the body are controlled by the nerve filaments ending in them, and none other. When the nerve filaments which end in an organ, tissue or part are destroyed, that part ceases to act, or be functioned. This ought to suffice as an explanation of nerve function.

THE DIVISIONS OF THE SPINE

The Functions of the Upper Dorsal Area.

The upper dorsal area, embracing the region as far down as the fourth dorsal, is the part which controls the respiratory organs, not because the nerves from this area end in those organs, but because of their control over the muscles of the upper part of the chest—thorax—embracing the intercostal muscles, and when these muscles are unduly contracted, they limit the expansibility of the lungs; this continued, interferes with their functions, interfering with the venous circulation, and tends to cause congestion of all of the tissue involved—the bronchial tubes, the air cells of the lungs—and this, not only causes local inflammation, but other conditions of disturbance throughout the entire body, the direct consequence of failure to oxygenate the blood.

The nerves emanating from the upper dorsal area enter into the muscular structure in that area, including the intercostals, and the muscles of respiration, and in their normal condition regulate the capacity of the thorax, permit normal action of the lungs, permitting aeration of the blood; hence, the importance of using such means as will restore normal action of the chest walls. This can only be done by relaxing the muscles which control this area.

The relaxation of muscular fiber takes place when the muscles are stretched a little beyond their normal contractibility. The stretching, Neuropathically, is done by the thrusts in that area of the upper dorsal, from the first to the fifth, stretching the side muscles by pulling the arms upward, using pressure with the fingers along the

spinal muscles, at the sides of the spinous processes at the time of extension of the arms upwards, and then suddenly letting them relax, by thrusting them down to the side of the patient, repeating this several times at one sitting.

The several ways elsewhere shown will accomplish the purpose, relieve the condition, and permit a return to normal conditions. These measures may be repeated at intervals of a few hours or daily, or every two or three days, as the nature of the case may seem to indicate. Treatment of this kind should be instituted in every condition involving abnormal conditions of the throat or lungs, because it restores the normal circulation of the fluids of the body, expands the chest walls, and permits oxygenation of the blood. These are essential conditions to establish.

Whether the patient has asthma, whooping cough, cold or pneumonia, the above treatment should be applied, with the assurance of affording relief.

A careful study of the movements should be made by the operator, being careful to move the limbs in such a manner as not to cause pain. The muscles should be strained slightly, but not enough to cause soreness in them, for, if that is done, unnecessary pain ensues, which may prevent the repetition of the treatment for several hours, or even days.

The Splanchnic Area of the Spine.

It will be understood, from notice elsewhere in this book, that the Splanchnic nervous system begins at the fifth dorsal vertebra (some of the filaments emanating from the fourth dorsal vertebra), and that the Great Splanchnic passes into the abdominal viscera, and assists in forming the Solar Plexus. The Lesser Splanchnic, emanating at the seventh dorsal foramina, enters the abdomen, assists in functioning the process of digestion. The Renal

Splanchnic controls the functioning of the kidneys, so that this area is one of supreme importance as a factor in functioning the organs in which they end, as it is through these areas along the spine our attention is to be directed when disease invades either of the organs involved.

The Splanchnic nervous system is that division of the spinal nervous system which superintends the manufacture of the Alkaline secretions in the body, and acts in such a way as to neutralize any excess of the Acid secretions; hence, an important factor as a health restorer, through the proper manipulations of the spine in the area where these leashes emerge from the spinal cord.

Adjustments involving the Splanchnic nervous system affect the Two Forces in the body, whether the one part of the nervous system is involved, or the other—the Splanchnic or the Pneumogastric nervous system; for when they are normal, the secretions are normal, and both acting normally, there is no excess of either secretion.

If the Pneumogastric nervous system secretes more acid than is neutralized by the secretion manufactured by the Splanchnic division of the nervous system, there is a tendency of the muscular system to be unduly contracted, hence irritation of the nervous system—the small filaments which pass through the muscles—wherever they may be in the body, and pain or retarded circulation ensues, and diseases of any name or nature may result where pain prevails, or exists.

If, on the other hand, the Splanchnic nervous system is too active, and the footlets of the two nervous systems—the Splanchnic and the Pneumogastric—are separated, then an excess of the Alkaline secretions is produced, there is a tendency to a breaking down of tissue, the same as is produced by the Negative Pole of a Galvanic Battery; hence the importance of keeping these Two Forces in a normal condition may be readily understood, and the adjustments be so made as to bring about their union when separated.

These Two Forces should be understood, and the operator should always see that they are in a normal condition, as they exercise a wonderful influence in the harmonious condition of the body at all times, and in all diseases. Their union may be best made at the fifth dorsal, especially there, but may likewise be united anywhere along the spine, from the fifth to the twelfth dorsal.

The Lumbar Area.

This is an important division of the spine, for, through nerves emanating from this area, the procreative faculties are controlled, and locomotion largely, under the direct supervision of the nervous system in this region.

The internal, lower abdominal viscera, as well as the muscles of that particular area, and the abdominal muscles, are controlled through the filaments emanating from that area. Proper adjustments in this division involve the peristalsis of the intestinal canal—the lower end of it, at least—the genital organs, the bladder and the lower outlets of the body in particular. The muscles of the lower limbs are all involved through and by the Lumbar nerves; in fact, the Sacral nerves constitute the extension of the Lumbar nervous system, and in the Lumbar area the Chordae Equina emerges, at the level of the second Lumbar nerve area.

All of the Lumbar nerves are amenable to Neuropathic adjustment. When they are normal, all of the organs and tissue in which they end will be healthy; hence to create a normal condition in any organ it is necessary that the operator removes all interference of the nervous system, not only in the Lumbar area, but everywhere else in the body, so it may perform normal function.

Most conditions denominated disease, have their origin in contracted muscular fibers. The nervous system passes through the muscles, or a muscle; when it is pressed upon by contraction, this interferes with its function, hence it

is of the first importance that the muscular system be kept in a normal condition; this nerve pressure is avoided and relieved just as soon as the nerve pressure is removed. The normal functioning of all organs is restored as soon as the nervous system ending therein is freed from the pressure.

The muscular contracture not only interferes with the nervous system, from pressure on the small filaments, but the veins in the same muscles are compressed, so the venous blood is arrested therein, as it flows through the veins on its return journey to the heart, the consequences therefrom may involve the heart as well as other organs in the body. Hence, muscular contracture is responsible for many conditions called disease. The rational means of overcoming the abnormal contracture of the muscular fiber is of vital importance so far as health is concerned.

Spinal Adjustments—So Termed by Chiropractors.

There are certain special localities of paramount importance along the spine which deserve special attention; for instance, the Upper Cervical, Lower Cervical, Upper Dorsal, Middle Dorsal, Lower Dorsal, Upper Lumbar, Lower Lumbar, Sacral, and Coccygeal areas.

Certain leashes in these special localities affect certain organs and tissue, and the above named localities become the salient points for treatment. For instance: In the upper cervical, the vaso-motor nerves control the circulation of the blood, arteries, heart, and the circulatory apparatus, in influencing their muscular contracture. Hence the inhibition of nerves, in this locality, arrests fever, by regulating the blood flow through the arteries and capillaries.

Through the influences of the nervous system in the lower cervicals—the Brachial area—the shoulders, upper part of the chest muscles, intercostals, the arms and their muscles are controlled—functioned.

The upper dorsal area is supplied by nerves which control the breathing apparatus, by their influence over the nerves which control the muscular system of the chest-walls, and through sympathetic nerve filaments, control the lungs, bronchia and the heart's action.

The middle dorsal area contains the Splanchnic nervous system, which sends filaments to the stomach, spleen, liver, pancreas, kidneys, intestines, colon, etc. The Splanchnic nervous system forms a part of the controlling influence over the entire digestive apparatus, and constitutes a part of the nervous system which has to do in the make-up of the Two Forces in the body, through its union with the Pneumogastric, which ends in what is denominated the Solar Plexus, which control the welfare of the entire human body.

The Lumbar area has its special functions to perform, controlling, in its upper area, the genital organs, the bowels, and much more that need not be included in this special delineation.

The Sacrum is another important division of the spine, the nerves passing through its foramina, control the pelvic viscera to a very great degree.

The Coccyx, furnishing the resting place for the Ganglion of Impar, sends out filaments therefrom which end in important viscera, the sphincter muscles of the lower outlets of the body, and exercises functions specifically.

In order to more fully comprehend the subject of adjustments, the following specified delineation of each vertebral leash is presented, gathered from the experience of many years of practice from various manipulators of the spine, for the several diseases named, with the influence of manipulation at the several localities along the spine for certain so-called diseases.

Results following these adjustments, in the several localities which follow, and for the diseases named, will

furnish a criterion from which favorable results may be expected, by the adjustments at the localities named. The contracture of muscular tissue, the rigidity of the muscles which make up the dorsal area—the five layers—will be found to influence the tissue in which the nerve filaments function themselves; hence, the correction of the contracture, by the thrusts, will govern the conditions, as well as the results. The letters will indicate the region of the spine referred to, and the figures will determine the number of the vertebra in the localities named.

The adjustments may be made, with the hand placed as directed elsewhere, or by gradual pressure with the thumb, or thumbs, or in any way that relaxes the muscular system involved, as will be found elsewhere in this department of the book.

SPINAL ADJUSTMENTS CONSIDERED

Inasmuch as all conditions, called disease, are due to some disturbance of the Vaso-motor nervous system, and muscular contracture being the cause of nerve disturbance, it becomes a matter of vast importance as to how the conditions may be changed so as to bring about a normal state.

Sudden stretching of the muscular tissue involved, is one of the modern, effective methods of relieving the tension, or relaxing the muscles causing the nerve disturbance.

There are many ways of applying these thrusts, owing to the many muscles in the various parts of the body being involved.

The thrusts should be made in the direction which will the most effectually stretch the muscle, or muscles, which cause the difficulty.

Whenever the muscular tension is subdued, or when the tension is overcome, release of pressure ensues, and the pains caused therefrom cease at once.

The Osteopaths, and the Chiropractors believe, and teach, that "luxations," or "sub-luxations," are the cause of nerve pain, and that their THRUSTS reduce them, and as a consequence, the pain ceases. They hold to the idea that impingements occur as the nerve leashes emerge from the spinal foramina, and that luxations of the vertebra cause a narrowing of the foramina, and that, as a consequence, the nerves are unduly pressed upon, and that their thrusts adjust the luxation, take off the pressure, therefore the adjustment accomplishes the purpose—restores abnormal to normal conditions.

We are not trying to make the impression that their

thrusts are ineffectual, but, to the contrary, believe and know they are, in very many cases, effectual. They are effectual, simply because the muscles involved are stretched, and the tension overcome, and the pressure upon the nerves is removed, therefore, the pain ceases—because the CAUSE is removed—the pressure.

The spine being the “battle ground” for so many attacks on diseases, it is the rallying point worthy of special attention and consideration. It is important, from the fact the nerve leashes which come out of the various foramina are so widely distributed over the body, and have such an influence over, and control so many functions of the body, it would be a great mistake not to regard spinal treatment, when it is known that interference with the spinal nervous system causes so many and varied conditions, denominated disease, and so much pain everywhere in the body.

There is scarcely a disease known, which does not, in some way, have some relationship with the nerves of the spine, and influences every function in the body, to a greater or less degree, because of their endings in the various organs.

The spinal nervous system, especially those nerves constituting the Splanchnic nervous system, becomes a great factor in controlling the negative secretions of the body, that of generating the Alkaline secretions.

The “Union of the Two Forces.”—The Alkaline, and the Acid Secretions, are the product of the Pⁿeumogastric and the Splanchnic Nervous systems. These are both intimately connected in the Solar Plexus, and what affects the spine, in the way of thrusts, affects both these secretions—unites them, causing a neutrality of excess in either case.

The excess of either the alkaline or the acid secretions becomes a very important factor in the healthful or the diseased condition of the body.

The union of these two nervous systems, at their endings, is the most effectual means of curing many conditions of the abdominal viscera, of any other known means yet discovered. The union of these two forces may be made by the thrusting on, or at, the sides of the spinous processes, anywhere along the spine, from the fifth dorsal to and including the twelfth dorsal vertebra.

The union of these two forces affects so many of the organs of the internal, abdominal viscera that its importance can scarcely be estimated.

The thrust, whether there be a "clicking" following it or not will produce results, and the effects are perceivable by the person having had it made, for pains in the stomach, liver, side, spleen, kidneys, colon, ovaries, bladder.

Pains cease when muscular contracture is overcome. The muscular contracture is caused by irritation; the excessive acid in the system causes the irritation; the thrust unites the nervous system which generates the two secretions, neutralization ensues, the acidity becomes normal; there being no more source of irritation, the pain ceases because contracture ceases.

Treatments along the spine in the area of the Splanchnic nervous system, with the thumbs on either side of the spines, pressing on the lamina, firmly, beginning at the seventh cervical vertebra; press on either side, going down the spine the distance of a vertebra each time, pressing with a gentle thrusting motion, inclining the thrust upward, making these thrusts as far down the back as the fifth lumbar, relaxes the muscular structure of the five layers of dorsal muscles, generally levels the lamina so that the muscles are not only relaxed, but the soreness is relieved.

This may be a prelude to making the so-called **adjustment thrusts**, and these need not be made with so much force as without such treatment beforehand.

The object of this book being to make all things that

pertain to the treatment of human ills, as easily understood as possible, we are thus particular to describe every procedure which might aid the operator in applying them. It will be a matter of great satisfaction to the operator to get favorable results in every treatment or manipulation made to relieve the afflicted.

We feel assured that some, if not great good, will follow every effort to take off the pressure, through the means suggested and recommended herein.

Let it be **always understood** that muscular contracture causes all the deviation of the spinous processes, and the rigidity of the spinal column. Muscular contracture causes the apparent luxations, by drawing the vertebra sidewise, causing a concavity along the side of the spinal column on which the contracture is, or has taken place; it will be on the side of the concavity where there is pain. Nevertheless, there may be almost any degree of spinal curvature without any pain whatever, which is evidence of **no impingement of the nerves**, as they emanate from the foramina.

The spines may be drawn as far sidewise as their facets will allow, and still there can be no impingement of nerves from that source. The patient may have had spinal curvature for years, and never have had a pain as a result of it.

Normal contracture causes no pain, but excessive contracture does cause pain, if continued, and may result in disease in the part or organ where the nerve filaments end, which are involved in the contracture.

Persistent contracture of muscular fibre will finally result in atrophy or shrinkage of the muscle, due to squeezing the vessels which nourish it. This may also be so gradual as to cause no pain whatever. The way to prevent such a condition from ensuing is to take off the pressure of the muscular fibres, and permit normal nerve and blood supply to enter it through the normal **channels** provided therefor.

This is the rational thing to do, under all such circumstances.

To overcome muscular contracture, there are two ways of accomplishing it. One is a gradual massaging it, and the other is by making a direct thrust, in such a manner as to stretch it for a moment, and repeat the sudden stretching frequently. Another common and effectual way is by the application of heat.

The extra stretching is accomplished by various manipulations; the location of the muscle determines the means to be employed. The muscles of the arms and lower limbs, the chest muscles, intercostals, and the muscles of the neck may be stretched by extending the limbs and neck, while the sphincter muscles require quite a different process; the spinal muscles by massage or the direct thrust, or by heat; so that different means are required in relieving muscular contracture.

Some of the muscles of the internal viscera may be relaxed by concussing spinous processes; we cannot use ONE means only in taking off the pressure everywhere in the body; sometimes all means known fail to fully accomplish every purpose desired. The conditions, whatever they may be, are to be considered, studied, and the best means known used intelligently.

There will be found, in this volume, quite a variety of means suggested, and such as have been eminently satisfactory in almost all cases, when rightly applied, when dietetics, breathing, bathing, exercise, habits corrected, and natural laws are conscientiously and religiously observed.

The adjustments are to be made on the CONVEX side of the curvature. The thrust should be made with a view to relax the muscle, or muscles, on the CONCAVE side of the spine, and it is usually followed by a CLICKING sound, which results from the spring against the spine, which separates the facets, either of the ribs or the articular surfaces of the spinal vertebra.

The indications for adjustments are, the DEVIATIONS of the SPINES. The object is to relieve the pressure which interferes with the nerve function at its ending, always due to muscular contracture around it.

Through the union of the Sympathetic Nervous system, all nerves are so related that a pressure in one place may cause pain elsewhere, wherever the nerves terminate, and unite their footlets with any other nerve footlets. Instance: A pain may be in the Lumbar somewhere, soreness traced to some vertebra in the upper Dorsal area, or even to some place in the neck; the treatment where the soreness is found along the spine, whether in the neck or lower down, will relieve the soreness in the loin or Lumbar area. There may be pain in the hand, and the soreness found in the Cervical area, where some one of the three grand divisions of the Brachial Plexus emerges from the neck, being pressed upon by some of the muscles of the neck, which, when relaxed, the pain in the hand immediately ceases. The pain may be in the shoulder, and treatment of the neck will relieve it, provided the nerve which ends in the shoulder is released from pressure where it emanates from the neck. These hints will suffice to guide the diagnostician in finding where to adjust to relieve the difficulties. It is well worth knowing this simple method of tracing nerves to their place of exit from the Cervical, Dorsal, or Lumbar vertebra.

Specific Adjustments Are Essential.

We mean by specific adjustments, those which release certain nerve filaments due to the contracture of special muscles.

When these are located and their origin and insertion are determined, it should be an easy matter to make the thrust in such a manner that the contracture be overcome, and the normal condition re-established.

There are certain localities along the spine which, if

adjusted, certain results follow, either immediately or subsequently. Repetitions of adjustments may have to be made, to get satisfactory results, but they usually follow when the muscular contracture is overcome, and the proper adjustment made.

If the operator will just think rationally, as to how to overcome the contracture of the muscles involved, satisfactory results will follow, and all of the circumlocution of adjusting a sub-luxation will be eliminated.

The thrust does something. The question is, What Does it Do? In all luxations there are some one or more muscles involved, that is, contraction of one or more muscles. The surgeon, to reduce the solution of a continuity, always institutes stretching of the muscular fibres involved to adjust the limb. This is a universal procedure, a necessary procedure; and the same condition prevails under all circumstances, and for all luxations.

The THRUST does the work, simply because it stretches the muscle or muscles involved, immediate relaxation ensues, and the pressure is removed; as a consequence, the pain caused thereby ceases.

That the THRUST does this, in ever so many cases, and disease—pain—ceases, is not to be questioned nor denied, for it does just what is here stated, and does it because it relaxes the muscles involved, and not because it reduces a luxation, or a sub-luxation. The “clicking” is a result of **separation** of the facets, caused by the spring, or thrust against the spine.

If the muscular contracture is overcome that presses unduly upon the nerve or nerves involved, by whatever means, the result is the same, whether there be a thrust or not, for the nerve function will be restored as soon as the undue pressure is removed. This is so simple, and so plausible, that every one who knows conditions, will readily concede these premises to be correct.

Specific adjustment, or better expressed, TREAT-

MENT, accomplishes the purpose, and should be applied, and any undue contracture anywhere along the spine, found to exist, should receive special attention, to relieve special organs involved where the nerve filaments end in the organ disturbed, which emanate from the locality along the spine where the soreness, tenderness or pain is located. In fact, every vertebra from which nerve leashes emanate is a special vertebra of itself, so far as special nerve filaments are concerned, for they each have special endings and where they end they perform their function. The operator becomes expert in diagnosis, so far as consequences of nerve disturbance in certain organs is concerned, provided he knows the nervous system which controls the organs, where they emanate from the spine, where they end, and what function is performed by them.

SPINAL ADJUSTMENTS—HOW MADE

The hand should be placed on the back—the spine—so as to press gently on the part which is to be adjusted, placing it in such a manner that a DIRECT FORCE can be applied in the direction needed (always on the convex side of the spine), then place the other hand around the wrist, or on the top of the hand which is first placed on the spine, then, when the patient is as much relaxed as can be, in other words, when the patient lets go, the thrust is to be suddenly made, as rapidly as possible, and just far enough to accomplish the purpose, stretching the muscle, or muscles involved, then instantly relinquish the forward movement of the hand.

To make the thrust effectual, the wrists and both arms should be made suddenly rigid, just as the thrust is begun; a short, quick thrust is necessary to do the work needed. The continued forward following-up of the thrust is not only painful to the patient, but overdoes the work needed, and is liable to leave a soreness at the place where the thrust is made. One thrust in one place is usually enough to release the pressure, that is, overcome the contracture of the muscle which causes the nerve impingement, and the pain generally ceases at once.

The direction of the thrust should be at right angles to the spine, and the hand should not be allowed to slip, and carry the skin in the direction of the thrust, for it might tear the connective tissue from the spinous processes, thereby causing inflammation and unnecessary soreness to follow.

The amount of force to be used will depend upon conditions and locality. In general, the cervical vertebrae require less force, and the force should be increased as the

operator descends the spinal column, more in the Dorsal region, and still more in the Lumbar region of the spine, because the muscles are stronger as they descend, and require more force to relax them.

It will be understood that it is not the vertebrae that are to be adjusted, because they do not get out of place at all, simply yield to the limit of the articular surfaces of their facets, and this is a result of muscular contracture. The thrust relaxes the muscles, the clicking takes place as a result of the sudden separation of the facets, as the spring caused by the thrust is made.

The increase of force should never be made by the heavy pressure of the manipulator, but should be made by an increase in the rapidity of the action in making the thrust—that is, make it more rapidly; this makes up for the strength required.

The swiftness of the wind accounts for its force, and this should be a matter of consideration. The speed with which the thrust is made determines its effects. Doubling the speed of the movement increases its effectiveness four fold; trebling it increases the force nine or ten fold.

The slow pushing against the back is applicable in the way of soothing and preparing the patient for the thrusts, and the friction by the rotary movements assist in lessening the sensitiveness, the anesthesia, of the patient.

Some conditions of the spine are better, and more effectually treated by the THUMB TREATMENT, that is, by the operator placing the thumbs alongside of the spines, and with considerable force, press on the back, directing the force upward, and covering all of the space on both sides of the spine, beginning up on the upper cervical spines, and gradually working downward to the coccyx, pressing firmly enough to relax all of the muscles, and shove back any vertebra which is more prominent than it should be—that is, line the bodies up, all the way down the spine, by a little extra downward pressure with the

thumbs. This way will be applicable to small children, babies and very sensitive individuals, and may supplement the Heidelberg movements in many conditions where the thrusts may not be bearable, or are unnecessary.

Any one can learn how to make these manipulations, and do much good to many an afflicted mortal, even if they do not know all about the philosophy and the spinal adjustments, for, when the muscular contracture is overcome, and it matters very little how it is done, the nerve pressure being removed, the troubles caused thereby cease.

Spinal Adjustments With Fingers Along Side of Spines.

This is a splendid way to level the bodies of the spines, especially in the treatment of babies and small children. It is done as follows: Place two fingers of one hand—one on either side of the spinous processes—flat down on the bodies of the lamina of the vertebra; place the other hand on these and make a gentle thrust against the fingers, and this may be repeated all the way down the spine, and be made specific in any locality for any condition needing treatment, and is a splendid method for treating the babies for any sort of ailment caused by spinal nerve pressure, rigid muscles, etc.

Adjustment of the Coccyx.

The treatment of this part of the anatomy is important, when the lower outlets of the body are involved, because, through the ganglion of *Impar*, the organs controlled through nerve filaments emanating from that ganglion, distributed to the lower outlets of the body, controls their function.

Sometimes, through the contracture of the Sphincter ani muscles, the coccyx being drawn sidewise, interfering with nerve filaments which end in other parts, causing pain, impeded venous circulation of the blood, piles (hemorrhoids), or sympathetic irritation of the Sphincters,

of the organs of both sexes, frequently produce disease, being the procuring, and often the direct cause of hysteria, asthma, sciatica, and other conditions called disease, in many of the organs in the pelvis. The diseases caused by the disturbance of this ganglion will be readily relieved by freeing it from pressure.

Free this ganglion by the introduction of the forefinger into the rectum, pulling the sphincter muscle backward, stretching the pyriformis and other muscles in that area. If the coccyx is turned aside, or curved too much forward, the adjustment should be made so as to correct the deformity. The same treatment should be repeated until the bones are normal, the muscular tissue assumes its normal function, the coccyx its natural curve.

Any deviation, in either sex should receive due and proper attention, as much suffering is caused by a distorted coccyx, and contracted sphincter ani muscle.

The Sympathetic nervous system superintends the entire physical organism, and any part of it being impinged puts out of commission all of the parts in which said filaments end.

The use of the Bi-valve becomes an important factor in dilating the organs of the lower outlets of the body, when judiciously used. Asthmatic conditions are often relieved at once, by the use of the instrument called the Bi-valve; and in the absence of the Bi-valve, the forefinger is a good substitute, and may save a life by its timely and immediate use. There are many conditions where this treatment serves the needed purpose admirably and effectually. It is the best remedy known to "flush the Capillaries," and cause perspiration, clearing the brain, assisting the breathing and regulating the bowels, curing constipation and even Appendicitis, Epilepsy, etc.

THE TREATMENT OF BABIES

Treatments should be made in such a manner as not to cause undue pain; for the design of all Neuropathic treatments is to relieve pain.

Harsh treatment is usually followed by resentment on the part of the patient, and harm may result therefrom. Always use great care in the treatment of every patient, if you would inspire confidence in your patient of being benefited.

Little children, hypersensitive persons, and the aged, should be handled with due regard to circumstances and conditions found in each case.

The successful manipulator will use discretion, being careful not to use the means intended for good in such a manner as to do harm.

The spinal treatment can be made with the thumb, pressing on either side of the spinal column, gently pressing against the lamina, or the sides of the spinous processes, directly down on the lamina with a gentle, steady, forceful shove, sufficiently hard to constitute a short thrust. Do not carry the thrust too far. As soon as the (sudden) thrust is made, cease the force, the pushing motion, at once. Let the spine retract to its normal position.

Much care should be exercised in the treatment of the little ones. The treatments may be easily made along the spine by placing the fore, and second, fingers, on either side of the spines, pressing down gently, placing the other hand on them, making a gentle quick thrust where special force may be needed. The operator must keep in mind the strength of the subject, and not be harsh, or rough, in applying the manipulations. Benefit is the thing intended

from treatment, not harm. Use judgment in all cases.

In the movements of the limbs, always be careful to move them as they go naturally; except there may be some latitude exercised when the extensors are to be stretched; even then, one should not use undue force, just enough to make extension a little beyond normal, so as to gradually, with subsequent treatments, overcome the abnormal conditions. The normal conditions will be restored when these manipulations are done with care. In the treatment of contractures, after paralysis, this suggestion will be applicable, and will tax the skill of the operator considerably at times.

The caution not to overdo is especially applicable in the treatment of all cases, and this will apply more emphatically in the treatment of children.

Acute conditions may be righted at once, whereas in chronic conditions there may have to be a repetition of the treatments for days, weeks, or months.

THE SPINAL NERVES, 31 PAIRS.

8 CERVICAL, 12 DORSAL, 5 LUMBAR, 5 SACRAL, 1 COCCYGEAL.

N. B.—Read from the Black Type outwards to left and right.

to muscles and { *Ext. Br.* } Post. DIV. { **Each** } ANT. DIVISION, to
 skin of back. { *Int. Br.* } { **Spinal Nerve** } divides into { Flexuses, etc. }

Post. Div. of 2d N. }
 Post. M. of head, etc. } POST. DIV. { **1st Cervical Nerve.** } ANT. DIV. { *Brs. (3) to Recti cap. Muscles.*
 Complexus Muscle. } { *Sub-occipital* } { *Commun'g* } { 2d Cerv. N.
 Skin of occiput. } { } { *Brs. to* } { Vagus N.
 } { } { } { Hypogl. N.
 } { } { } { Sup. Cerv. Gang.
 } { } { } { Br. to Occip-atloid artic'n.

Splenius.
 Cerv. ascendens.
 Transv.-colli.
 Trach-mastoid.
 Complexus. } { *Ext. Branch* } POST. DIV. { **2d Cervical Nerve.** } ANT. DIV. { *Fil. to Sterno-mast. M.*
 } { *supplying* } { } { *Asc. Br. to 1st Cerv. N.*
 } { } { } { *Desc. Br. to 3d Cerv. N.*
 } { } { } { *Fil. to Commun. Noni N.*
 } { } { } { *Occipitalis Minor Nerve.*
 to 1st Cerv. N. } { *Int. Br. or* } { } { }
 Skin of occiput. } { *great Occip.* } { } { }
 Auricular. } { } { } { }

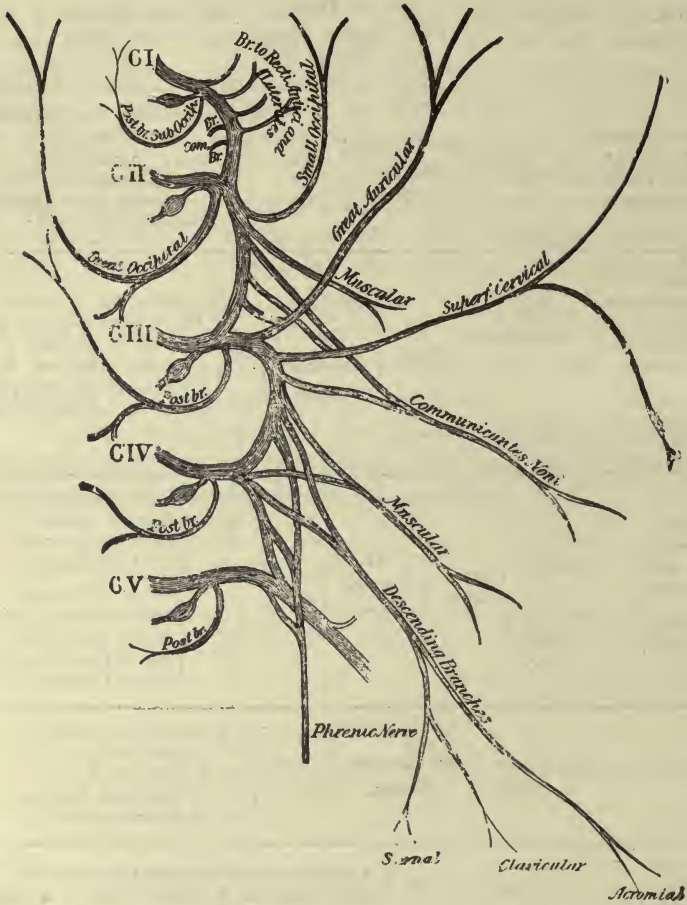
Splenius.
 Cerv. ascend.
 Trans. colli.
 Trach-mast.
 Integument } { *Ext. Br.* } POST. DIV. { **3d Cervical Nerve.** } ANT. DIV. { *Ascen. Br.* { *Auric. Magnus.*
 of occiput. } { *supplies* } { } { } { *Superf. Cervical.*
 } { } { } { } { *Br. to 2d Cerv. N.*
 } { } { } { } { *Br. to Spinal-ac.*
 } { *Int. Br.* } { } { } { *Fil. to 4th Nerve.*
 to supply } { *to supply* } { } { } { *Fil. to Lev. ang. scap.*
 } { } { } { } { *Supra-clavicular.*
 } { } { } { } { *Fil. to Com. Noni N.*
 } { } { } { } { *Fil. to Phrenic N.*

Muscles of the back. } POST. DIV. { **4th Cervical Nerve.** } ANT. DIV. { *Fil. to 3d Cerv. Nerve.*
 } { } { } { } { *Fil. to 5th Cerv. N.*
 } { } { } { } { *Fil. to Phrenic N.*
 } { } { } { } { *Fil. to Scalenus medius.*
 } { } { } { } { *Fil. to Supra-clavic. N.*

Anterior
 Branches
 of
 1st Cerv. N.
 2d Cerv. N.
 3d Cerv. N.
 4th Cerv. N. } { **Cervical Plexus.** } { *Superficial Br.* { *Ascending Set (5) to head and shoulder.*
 } { } { *Descending Set (3) Sternal, Clavic. Acrom.*
 } { *Deep Branches.* { *Internal Set.* { *Communi-* { Vagus.
 } { } { *cating to* { Hypogl.
 } { } { } { Symp.
 } { } { } { Muscular.
 } { } { } { COMMUNIC. NONI NERVE.
 } { } { } { PHRENIC NERVE.
 } { } { } { Muscular (4).
 } { } { } { Comm'g to Spinal-ac. N.

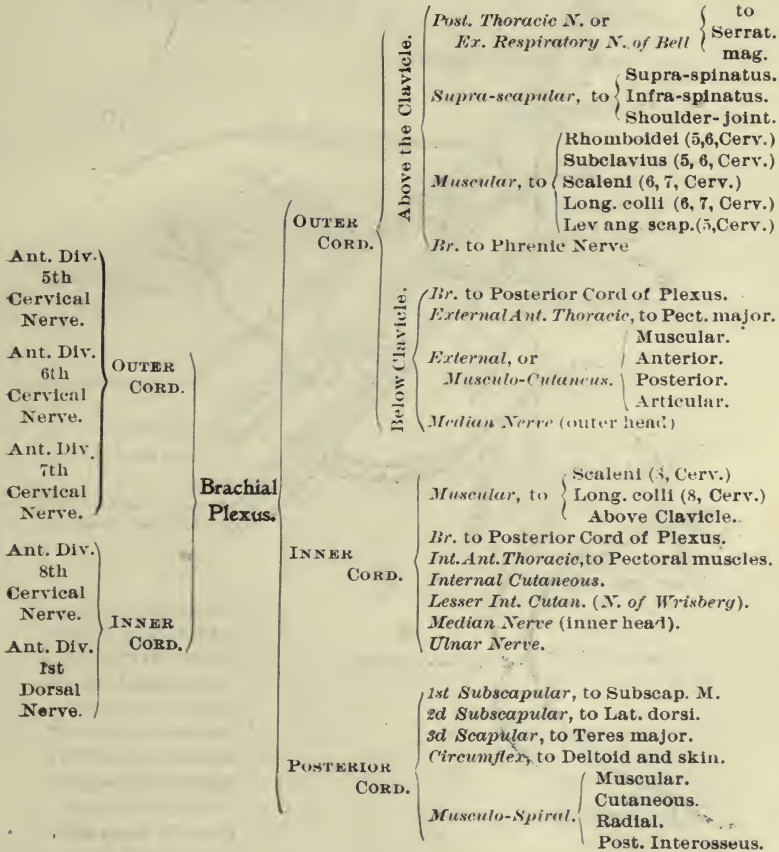
THE SPINAL NERVES.

Cervical Plexus.



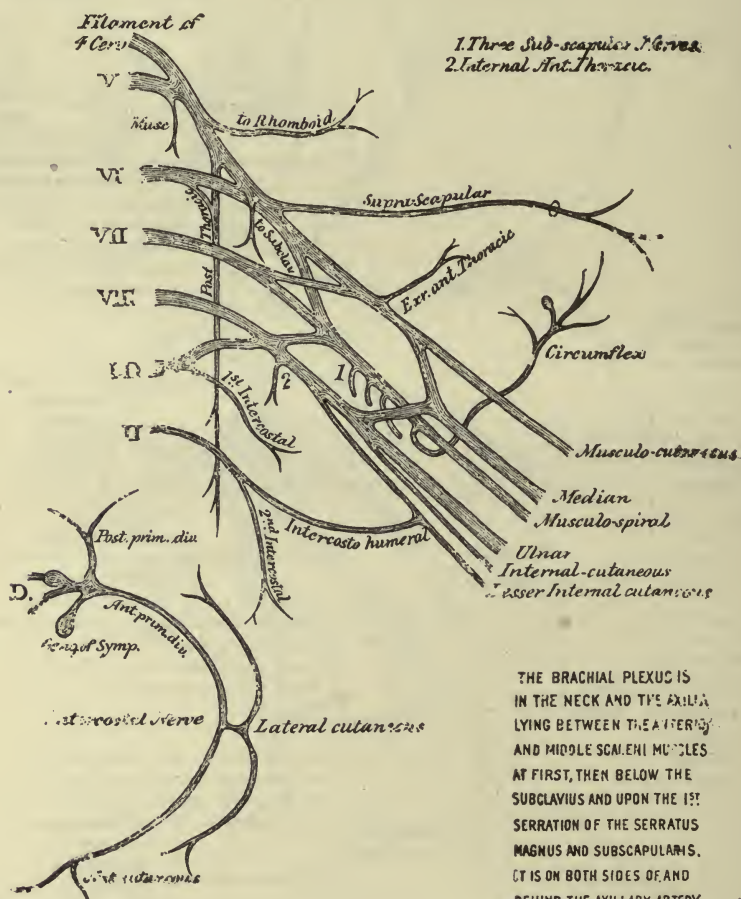
THIS PLEXUS { LIES UPON THE { SCALENUS MEDIUS AND } MUSCLES.
 { LEVATOR ANGULI SCAPULAE }
 THE CERVICAL { IS COVERED BY THE STERNO-CLEIDO-MASTOID MUSCLE.

THE BRACHIAL PLEXUS.



THE SPINAL NERVES

Brachial Plexus



THE BRACHIAL PLEXUS IS IN THE NECK AND THE AXILLA LYING BETWEEN THE LATERAL AND MIDDLE SCAPULI MUSCLES AT FIRST, THEN BELOW THE SUBCLAVIUS AND UPON THE 1ST SERRATION OF THE SERRATUS MAGNUS AND SUBSCAPULARIS. IT IS ON BOTH SIDES OF, AND BEHIND THE AXILLARY ARTERY IN ITS 2ND PORTION, EXTERNAL THERETO IN ITS 1ST PORTION.

NERVES OF THE UPPER EXTREMITY.

TERMINAL BRANCHES OF THE BRACHIAL PLEXUS.

Outer Cord of the Brachial Plexus.

(1) EXTERNAL ANTERIOR THORACIC, to Pectoralis major.

Muscular, to { Coraco-brachialis,
Biceps.
Brachialis anticus.

(2) EXTERNAL OF
MUSCULO-
CUTANEUS.

Anterior Br. { Skin of forearm (front)
Skin of ball of thumb.
Joins Radial Nerve.

Posterior Br. { Skin of forearm (back).
Joins Radial Nerve.
Joins Ext. Cutan. Branch of
Musculo-spiral. N.

Articular Br. to { Elbow joint.

(3) MEDIAN.

In Forearm.

Muscular, to { Pronator radii teres.
Flex. carpi rad.
Palm. longus.
Flex. subl. digit.

Anterior Interosseous, to { Flex. long. poll.
Flex. prof. digit. (Ext. $\frac{1}{2}$).
Pronat. quadrat.

Pulmar Cutaneous. { Skin of palm.
Skin of ball of thumb.

In the Hand.

External Br. { to Abduct. poll.
to Opponens poll.
to Flex. brev. poll.
Digital, to thumb.
Digital, to 1st finger.

Internal Br. { *Digital*, to contiguous sides
of index, middle and ring
fingers.
Filaments to two outer Lum-
bricales.

Inner Cord of the Brachial Plexus.

- (4) INTERNAL ANTERIOR THORACIC, to both Pectoral muscles.
- (5) INTERNAL CUTANEOUS. $\left\{ \begin{array}{l} \text{Anterior Br. to skin of forearm, inner side.} \\ \text{Posterior Br. to skin of forearm, inner side.} \end{array} \right.$
- (6) LESSER INTERNAL CUTANEOUS. $\left\{ \begin{array}{l} \text{Is often wanting, Intercosto-humeral taking its place, to posterior surface of lower third of skin of arm.} \end{array} \right.$
(N. of Wrisberg.)
- (7) ULNAR. $\left\{ \begin{array}{l} \text{In Forearm.} \\ \text{In Hand.} \end{array} \right. \left\{ \begin{array}{l} \text{Articular, . . . to Elbow-joint.} \\ \text{Muscular, . . . to } \left\{ \begin{array}{l} \text{Flex. carp. ulnaris.} \\ \text{Flex. prof. dig. (inner half).} \end{array} \right. \\ \text{Palmar Cutaneous. } \left\{ \begin{array}{l} \text{Skin of front of wrist and palm of hand.} \\ \text{Dorsal Cutaneous. } \left\{ \begin{array}{l} \text{Skin of back of wrist and one and a half fingers.} \end{array} \right. \\ \text{Articular, . . . to Wrist-joint.} \\ \text{Superficial Brs. to } \left\{ \begin{array}{l} \text{Palmaris brevis.} \\ \text{Skin of one and a half fingers.} \end{array} \right. \\ \text{Deep Brs. . . . to } \left\{ \begin{array}{l} \text{Muscles of little finger.} \\ \text{Interossei.} \\ \text{2 inner Lumbricales.} \\ \text{Adduc. pollicis.} \\ \text{Flex. brev. poll. (inner head).} \end{array} \right. \end{array} \right.$

Posterior Cord of the Brachial Plexus.

- (8) SUBSCAPULAR. . . $\left\{ \begin{array}{l} \text{1st Upper, to Subscapular muscle.} \\ \text{2d Long, to Latiss. dorsl.} \\ \text{3d Lower, to Teres major.} \end{array} \right.$
- (9) CIRCUMFLEX. . . $\left\{ \begin{array}{l} \text{Superior Br. to } \left\{ \begin{array}{l} \text{Deltoid.} \\ \text{Skin of shoulder.} \end{array} \right. \\ \text{Inferior Br. . to } \left\{ \begin{array}{l} \text{Teres minor.} \\ \text{Deltoid (post.).} \\ \text{Skin of shoulder.} \end{array} \right. \end{array} \right.$
- (10) MUSCULO-SPIRAL. . . $\left\{ \begin{array}{l} \text{Muscular, . . to } \left\{ \begin{array}{l} \text{Triceps, Anconeus.} \\ \text{Brach. anticus.} \\ \text{Supin. long.} \\ \text{Ext. carpi. rad. long.} \end{array} \right. \\ \text{Cutaneous, . . to Skin of arm.} \\ \text{RADIAL. } \left\{ \begin{array}{l} \text{External Br. to Skin of thumb.} \\ \text{Internal Br. to } \left\{ \begin{array}{l} \text{Skin of three and a half fingers on radial side of dorsum.} \end{array} \right. \\ \text{POSTERIOR INTEROSSEOUS. } \left\{ \begin{array}{l} \text{to all muscles on back of forearm, except Anconeus, Sup. long. and Ext. carpi. radialis long.} \\ \text{Filaments to wrist-joints.} \end{array} \right. \end{array} \right.$

THE DORSAL NERVES.

N. B.—Read from the Black Types outwards to left and right.

Transv. colli.	} <i>Ext. Brs.</i> → to	} <i>Post. Div.</i> Each 6 Upper Dorsal Nerves.	} <i>ANT. DIV.</i> <i>Thoracic</i> <i>Intercostals.</i>	<i>Muscular.</i>	{ <i>Intercos.</i>	
Longis. dorsi.					{ <i>Tri. Ster.</i>	
Trachelo-mast.					{ Skin of	
Levat. costar.					{ Chest,	
Sacro-lumbal.					{ Breast,	
Accessorius.				{ Side,		
					{ Back.	
Semi-sp. dorsi	} <i>Int. Brs.</i> → to			<i>Lateral</i>	{ Skin of	
Multif. Spinæ.						{ Chest,
Skin of back.						{ Breast.
				<i>Anterior</i>	{ Skin of	
				<i>Cutaneous.</i>		{ Chest,
						{ Breast.

Same as above.	} <i>Ext. Brs.</i> → to	} <i>Post. Div.</i> Each 6 Lower Dorsal Nerves.	} <i>ANT. DIV.</i> or <i>Thoraco-</i> <i>abdominal</i> <i>Intercostals.</i>	<i>Muscular.</i>	{ <i>Intercos.</i>	
Skin on back.					{ <i>Abdom. M.</i>	
					{ Skin of	
					{ Abdomen,	
					{ etc.	
Same as above.	} <i>Int. Brs.</i> → to			<i>Lateral</i>	{ Recti. M.	
Same as above.						{ Skin of
No br. to skin.						{ Abdomen.
				<i>Anterior</i>	{ Recti. M.	
				<i>Cutaneous.</i>		{ Skin of
						{ Abdomen.

THE LUMBAR AND SACRAL NERVES.

An External Branch sending filaments to the Erector spinæ and Intertransversales muscles, and the skin of the gluteal region, posteriorly.	The Posterior Division of each of these Nerves has	1st	Lumbar.	Ant.	Nos. 1, 2, 3, Comm. Br. to 2d Lum.	Lumbar Plexus. (1) Ilio-hypogas- tric. (2) Ilio-inguinal. (3) Genito-crural. (4) Ext. Cutaneous. (5) Ant. Crural. (6) Obturator. (7) Accessory Obturator (when present).
2d		Ant.		Nos. 3, 4, 5, Comm. Br. to 3d Lum.		
3d		Lumbar.	Ant.	Part of 5, 6, 7, Comm. Br. to 4th Lum.		
4th			Ant.	Part of 5, 6, 7, Lumbo- Sacral Cord to 5th Lum.		
An Internal Branch, sending filaments to the Multifid. spinæ, and skin over vertebræ of spinal column.						
An External Branch, forming loop on sacrum and great Sac-Sciatic. lig to supply skin over glutei.	The Posterior Division of each of these Nerves has	5th	Lumbar.	Ant.	Joins the Lumbo- Sacral Cord.	Sacral Plexus. (1) Super. Gluteal. (2) Muscular Brs. (3) Small Sciatic. (4) Great Sciatic. (5) Pudic. (6) Articular.
1st		Ant.		Joins the Lumbo- Sacral Cord and 2d Sacral.		
2d		Sacral.	Ant.	Joins with 1st Sacral.		
3d			Ant.	Joins with 2d Sacral and part of the 4th.		
An External Branch, to Multifidus spinæ and back part of coccyx (the two lower nerves).						
Are below the Multif. spinæ, join together in loops over back of sac- rum, sending filaments to skin.	Post. Div.	5th Sacral.	Ant. Div.	Br. to skin of coccyx. Br. to Coccygeus M. Br. to Coccygeus Nerve.		
	Post. Div.	Coccygeal.	Ant. Div.	A delicate filament, going to skin, over coccyx.		

DISTRIBUTION OF THE NERVES OF THE LEG AND FOOT.

[TERMINAL BRANCHES OF THE GREAT SCIATIC.]

EXTERNAL POPLITEAL OR PERONEAL NERVE.	(1) <i>Articular</i> (3), distributed to the knee-joint.		
	(2) <i>Cutaneous</i> (2 or 3), to skin of leg, exteriorly and posteriorly.		
	(3) ANTERIOR TIBIAL.	<i>Muscular</i> , to { Front muscles of leg. Peroneus tertius.	
		<i>External Br.</i> { Extensor brevis digitorum. Tarsal articulations.	
		<i>Internal Br.</i> { Skin of contiguous sides of great and 2d toes.	
	(4) MUSCULO- CUTANEOUS.	<i>Muscular</i> , to { Peroneus longus and brevis.	
		<i>External Br.</i> { Skin, outer side of foot and ankle. Skin, contiguous sides 3d, 4th and 5th toes	
		<i>Internal Br.</i> { Skin, inner side of foot and ankle. Skin, contiguous sides 2d and 3d toes and inner side of great toe.	
INTERNAL POPLITEAL NERVE.	(1) <i>Articular</i> (3), to knee-joint.		
	(2) <i>Muscular</i> , to Gastrocnemius, Plantaris, Soleus and Popliteus.		
	(3) EXT. SAPHENOUS,	{ Formed by a filament from each of the Popliteal nerves, to skin of outer side of the foot and little toe.	
		<i>Muscular</i> , to { Flexor longus pollicis, Flexor longus digitorum. Tibialis posticus.	
		<i>Plantar Cutaneous</i> , to skin of heel and sole.	
	POSTERIOR TIBIAL.	<i>Internal Plantar.</i> { Digital, to skin, $3\frac{1}{2}$ inner toes. Muscular, to flexors, etc. Articular, to tarsus. Cutaneous, to sole of foot.	
		<i>External Plantar.</i> { Muscular, to Flexor accessorius. Super- { to $1\frac{1}{2}$ outer toes. ficial, { Flexor brevis min. dig. 4th Interosseous. Deep Br. { 3d and 4th Lumbric. Rest of Interossei.	

DISTRIBUTION OF THE BRANCHES

FROM THE 7 GREAT TRUNKS OF THE LUMBAR PLEXUS.

- | | | |
|----------------------------|-----------|--|
| (1) ILIO-HYPOGASTRIC . . . | | $\left\{ \begin{array}{l} \text{Iliac, to skin of gluteal region.} \\ \text{Hypogastric, to skin of that region.} \end{array} \right.$ |
| (2) ILIO-INGUINAL | | $\left\{ \begin{array}{l} \text{to Internal Oblique Muscle.} \\ \text{to skin of upper and inner thigh, scrotum, penis.} \end{array} \right.$ |
| (3) GENITO-CRURAL | | $\left\{ \begin{array}{l} \text{Genital, to Cremaster scrotum, round ligament.} \\ \text{Crural, to skin of upper and front thigh.} \end{array} \right.$ |
| (4) EXTERNAL CUTANEOUS . | | $\left\{ \begin{array}{l} \text{Ant. Br. to skin of anterior and outer thigh,} \\ \quad \text{above knee.} \\ \text{Post. Br. to skin of posterior and outer thigh,} \\ \quad \text{above knee.} \end{array} \right.$ |
| | | $\left\{ \begin{array}{l} \text{Mid. Cutaneous.} \end{array} \right. \left\{ \begin{array}{l} \text{to Sartorius, and skin of an-} \\ \quad \text{terior thigh above knee.} \end{array} \right.$ |
| | Ant. Div. | $\left\{ \begin{array}{l} \text{Int. Cutaneous.} \end{array} \right. \left\{ \begin{array}{l} \text{Ext. Br. to skin, lateral or} \\ \quad \text{knee.} \\ \text{Post. Br. to skin of inner} \\ \quad \text{thigh and leg.} \end{array} \right.$ |
| (5) ANTERIOR CRURAL. | | $\left\{ \begin{array}{l} \text{Long Saphenous.} \end{array} \right. \left\{ \begin{array}{l} \text{to skin of knee and of front} \\ \quad \text{and inner leg and foot.} \end{array} \right.$ |
| | Post Div. | $\left\{ \begin{array}{l} \text{Muscular Brs. to muscles on front of thigh all} \\ \quad \text{but two.} \\ \text{Articular Brs. (2) to capsules of knee- and hip-} \\ \quad \text{joints.} \end{array} \right.$ |
| | Ant. Br. | $\left\{ \begin{array}{l} \text{Articular Brs. to hip-joint.} \\ \text{Muscular Brs. to Adductors, Gracilis and Pec-} \\ \quad \text{tineus.} \\ \text{Anastomotic Brs. with Inter. Cutan. and Int.} \\ \quad \text{Saphenous.} \end{array} \right.$ |
| (6) OBTURATOR . . | | |
| | Post. Br. | $\left\{ \begin{array}{l} \text{Articular Brs. to knee-joint.} \\ \text{Muscular Brs. to Adduc. mag. and Obturator} \\ \quad \text{externus.} \end{array} \right.$ |
| (7) ACCESSORY OBTURATOR . | | $\left\{ \begin{array}{l} \text{Muscular Br. to Pectineus.} \\ \text{Articular Br. to hip-joint.} \\ \text{Cutaneous Br. to skin of thigh} \end{array} \right. \left. \begin{array}{l} \text{Occasionally} \\ \text{present.} \end{array} \right.$ |
| | | and leg |

The Lumbar Plexus lies in the substance of the Psoas muscle, in front of the transverse processes of the lumbar vertebræ.

DISTRIBUTION OF THE BRANCHES OF THE SACRAL PLEXUS.

- (1) SUPERIOR GLUTEAL, . . . $\left\{ \begin{array}{l} \text{Sup. Br. to the Gluteus medius and minimus.} \\ \text{Inf. Br. } \left\{ \begin{array}{l} \text{to the Gluteus medius and minimus.} \\ \text{to the Tensor vaginae femoris.} \end{array} \right. \end{array} \right.$
- (2) MUSCULAR BRANCHES, to $\left\{ \begin{array}{l} \text{Pyriformis, Obturator internus, the two G  melli, and the Quadratus femoris muscles.} \end{array} \right.$
- (3) ARTICULAR BRANCHES, to the hip-joint.
- (4) SMALL SCIATIC. $\left\{ \begin{array}{l} \text{Inf. Gluteal, . } \left\{ \begin{array}{l} \text{Gluteus maximus muscle.} \\ \text{Skin of side of penis, or vulva.} \end{array} \right. \\ \text{Inf. Pudendal, } \left\{ \begin{array}{l} \text{Skin of upper and inner thigh, and of} \\ \text{scrotum or labium.} \end{array} \right. \\ \text{Cutaneous, . } \left\{ \begin{array}{l} \text{Ascending, to Skin over Gluteal.} \\ \text{Descending, to Skin of posterior thigh.} \end{array} \right. \end{array} \right.$
- (5) GREAT SCIATIC. $\left\{ \begin{array}{l} \text{Articular, . . . to the hip-joint.} \\ \text{Muscular, to . } \left\{ \begin{array}{l} \text{Adductus magnus, Biceps.} \\ \text{Semi-membranosus, Semi-tendinosus.} \end{array} \right. \\ \text{EXTERNAL POPLITEAL or PERONEAL. } \left\{ \begin{array}{l} \text{Terminal Branches.} \\ \text{INTERNAL POPLITEAL NERVE. } \end{array} \right. \end{array} \right.$
(See page 190.)
- (6) PUDIC, . . . $\left\{ \begin{array}{l} \text{Pertneal, } \left\{ \begin{array}{l} \text{Superficial Pertneal, } \left\{ \begin{array}{l} \text{to Skin of anus, scrotum,} \\ \text{penis and labia, and the} \\ \text{Sphincter ani muscle.} \end{array} \right. \\ \text{Muscular, to perineal muscles.} \end{array} \right. \\ \text{Inferior Hemorrhoidal, } \left\{ \begin{array}{l} \text{to Sphincter ani muscle.} \\ \text{to Skin of anal region.} \end{array} \right. \\ \text{Dorsal of Penis, . . . } \left\{ \begin{array}{l} \text{Skin of dorsum of penis.} \\ \text{Br. to Corpora cavernosa.} \end{array} \right. \end{array} \right.$

The Sacral Plexus lies in the pelvis upon the Pyriformis muscle, and is covered by the Pelvic fascia, and the Sciatic and Pudic arteries

THE SYMPATHETIC NERVOUS SYSTEM.

Ganglion of Ribes. { On the Anterior Communicating Artery.
In it begins the double chain of gangliated cords enumerated below.

External Branches to join the 1st, 2d, 3d, 4th Cervical Nerves.	Superior Cervical Ganglion.	Sup. Brs.	{ Some to Pneumogastric, Glossopharyngeal and Hypoglossal Nerves.
		Ascend. Br.	{ Ext Br. forms Carotid Plex. Int. Br. forms Cavernous Plex. along Int. Carotid Artery.
		Anterior Branches, to Plexus on Ext. Carotid Artery.	
		Int. Brs.	{ Pharyngeal, to Pharyngeal Plexus. Superior Cardiac Nerve, to Cardiac Plexus, goes to Deep Pl. on right side, to Superficial Pl. on left side of body.

Ext. Brs. to 5th and 6th Cervical Nerves.	Middle Cervical Ganglion.	Int. Brs.	{ Filaments along Inf. Thyroid Art. to Thyroid body and Larynx. Mid. Cardiac Nerve, to Deep Cardiac Plexus.
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Ext. Brs. to 7th and 8th Cervical Nerves.	Inferior Cervical Ganglion.	Int. Brs.	{ Filaments along Vertebral Art. to cranium. Inf. Cardiac Nerve, to Deep Cardiac Plexus.
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Ext. Brs. to 12th Dorsal Nerve.	12th Thoracic Ganglia.	Int. Brs.	Upper 5th or 6th to Aorta and Vertebral column.
			2d, 3d and 4th to Post. Pulmonary Plexus. Lower 6th from the 3d Splanchnic Nerve, thus— 6th-10th, Great Splanchnic, to Semilunar Gang. 10th-11th, Small Splanchnic, to Coeliac Plexus. 12th, Smallest Splanchnic, to Renal Plexus.

Ext. Brs. to Lumbar Nerves.	4th Lumbar Ganglia.	Int. Brs.	{ Some to Aorta Plexus. Some to Hypogastric Plexus.
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Ext. Brs. to Sacral Nerves.	4th Sacral Ganglia.	Int. Brs.	{ to Pelvic Plexus. to Plexus of Middle Sacral Artery.
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Coccygeal
G., or
Ganglion
Impar. { In which ends the double chain of gangliated cords enumerated above, and called The Sympathetic Nervous System.

THE HEIDLEBERG MOVEMENT FOR SPINAL TREATMENT

Have patient lie on the stomach, and be as much relaxed as possible. With the fingers, feel firmly along the spine from head to coccyx, and if there are felt any muscles which are hard and the tendons rigid, take hold of them, one at a time, lift up and stretch it, twisting it as if lifting it from its moorings, and then letting it fall back to its former position. Then, with the first and second fingers of each hand, alternate pressure with two fingers at a time, raising them and then letting the other two down forcibly, as if playing hard on a piano, and continuing that manipulation over the rigid muscle a number of times. That usually relaxes the muscle completely. This may be carried to all the muscles of the spine, over the painful, rigid muscles, persistently, and forcibly or lightly, according to the rigidity, and tenderness of feeling of the patient.

To adjust the spines (for curvature or for slight deviations), place the fingers of one or both hands, or thumbs, against the convex side of the spinous processes, have the patient take a deep breath; as that is exhaled (as much as the patient can do so), just at that instant, when all of the breath has gone out of the lungs, make firm pressure against the sides of the spine, pushing it in the opposite direction, toward the concave side; or if you wish to stand on the side of the body where the concavity is, press the fingers toward you—that is, pull the vertebra toward you—pressing hard on opposite sides of the spines, always remembering to use the force against the convex sides of the spines deviated. This force stretches the

muscles on the concave side of the deviated spinous processes (called luxation by the Osteopaths and the Chiropractors). It should be repeated daily or three times a week until cured.

The treatment should be continued for several minutes; the more supple the spine is, the easier and quicker will be the results—curvature cured. Then, should there remain soreness of the spine, or rigidity of the muscles at any place or locality along the spine, much benefit may result by the firm pressure along the spine with the balls of the thumbs, firmly, and with a thrusting motion, along side of each and every vertebra, down to the end of the coccyx, thrusting stronger, or pressing harder, where the muscles seem to be most rigid, or the deviations the most prominent.

The above treatment is an excellent one, and can be applied to small or half grown persons with the assurance of satisfactory results, especially for soreness of the muscles, and even affections of the internal organs, when the nerves along the spine end in some internal organ, or when the muscles are contracted which hold the chest walls taut, preventing expansibility sufficiently to relax the chest muscles to make room for expansion of them, so as to make room for the organs—heart and lungs—to perform their functions.

SPONDYLOTHERAPY

For this science, we are indebted to Dr. Albert Abrams, of San Francisco. The application of this science proves its worth, and it is eminently useful in so many conditions that we mention a few things concerning it, and trust the Neuropath, and those who are interested along lines of drugless therapy, will avail themselves of the published works of Dr. Abrams, and learn for themselves the science as expressed by him.

Here are a few points, copied from "Key to the Application of Concussion"; and as concussion is the means through which the nervous system is influenced therapeutically, and otherwise, it is important that there be some understanding of the How to Concuss; Where, and for What Purpose:

The paraphernalia necessary to properly apply this science, to get the desired effect, consists of an instrument called a Plexor and a Pleximeter. Concussion directly on the spinous processes is to be made as follows: Place the Pleximeter directly on the spinous process, holding it firmly, and with the Plexor make rapid strokes against the Pleximeter for several successive blows, using rapid strokes, and hard enough to make the sensation on the patient of a little more than comfort, which affects the nervous system directly connected with the nerves emanating from the spine at the particular locality the concussion is made, which affects the organs controlled by the leash of nerves ending in them, producing special influences which change their character or condition.

A piece of soft rubber, or linoleum, or thick felt, may be used as the Pleximeter—the applicator to the spinous process desired to be concussed—and the use of a rubber

hammer, or a common small, light hammer will answer a good purpose, or the use of a strong battery using a sinusoidal current with an applicator directly on the process desired.

The concussion on any one point need not be but a few seconds. The effect of contraction of the tissue in which the nerves end is a product of rapid concussion, in some places, and the slow stroke causes dilatation in other organs; so the effect is largely what the operator desires it to be.

The divisions of the spine, it will be remembered, have nerves emanating therefrom which control different organs, the organs in which they end.

Certain diseased pathological conditions are changed and relieved through the influence of concussions of certain spinous processes.

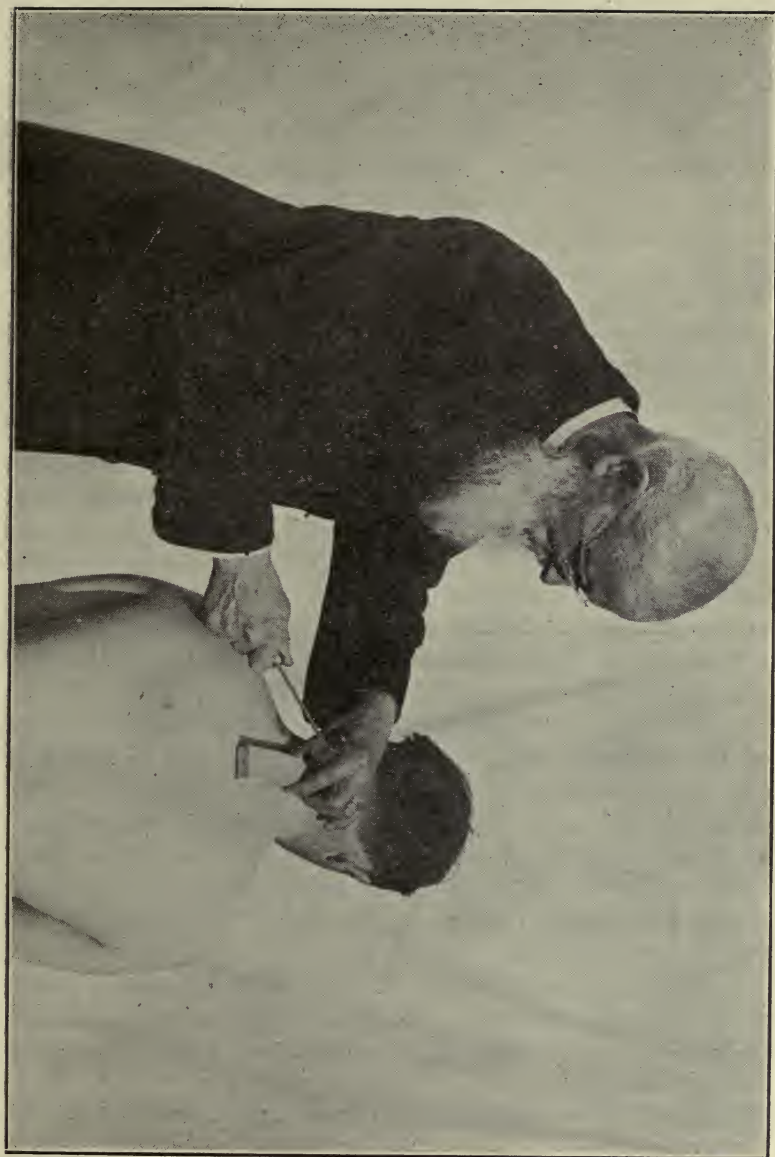
The following are examples, and it will suffice to show something of the effects which result from these special concussions: **They are to be made daily.**

Concussion on the fourth and fifth cervical spinous processes affect the conditions denominated **Bronchial Asthma** and **Emphysema**, producing contraction of the lungs.

For **paralysis of the arms**, the concussions should be made on the fourth to the seventh cervical.

Concussion of the seventh cervical increases the Vagus tone, strengthens the muscular walls of the heart and the muscles around the arteries.

Concussion of the seventh vertebra of the neck is indicated in asthma, especially when the heart is involved, and will be found useful in the following conditions: **Unnatural rapidity of the heart's action**, irregularity of the beat—the rhythm; nervous headache, one side headache, nausea, visual disturbance, pains in the eyes, **Diabetes Mellitus**, sore eyes, cold in the head, acute congestion of the bronchial mucous membrane, chilblains,



How many times have you said "I'm sorry"?

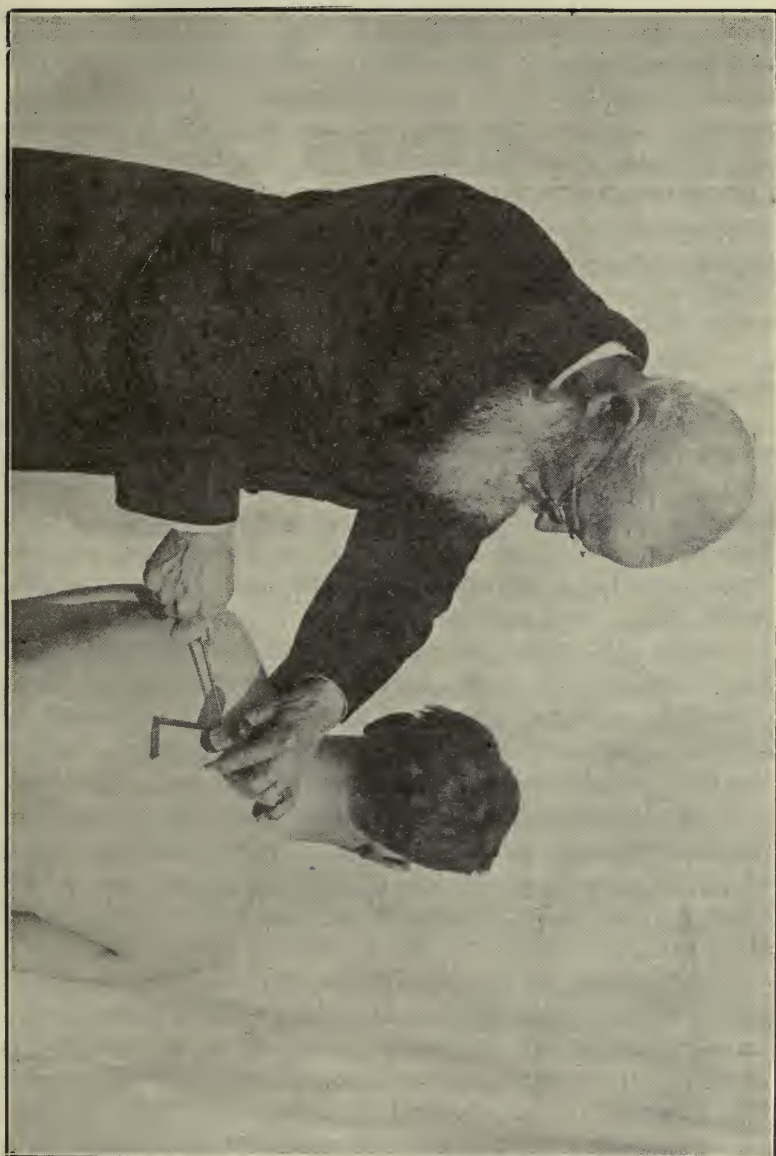
blood pressure due to the weakness of the heart, difficult, or labored breathing, cough and pain in chest, whooping cough, congestion of the eyes or ears, nose or lungs, nose bleed, bleeding of the lungs, nervous deafness, angina pectoris—pain in the chest, paroxysmal chest pains, chest pains due to weakness or relaxation.

Concussion of the seventh cervical vertebra replaces Hyperemia with Anemia. It changes the condition called congestion by producing the opposite effect. Concussion of the seventh cervical vertebra produces the most decided contraction of the kidney. Concussion of the second and third dorsal spines reduces high blood pressure, and relieves asthenopia (weakness or tiring of the eyes). Concussion of the third dorsal diminishes the Vagus Tone—that is, lessens the quick, hard pulse. It relieves that condition called Emphysema and pains in the heart and chest, heart spasms, reduces blood pressure; and concussion at the third and fourth dorsal increases the flow of the mammary glands. Concussion, or pressure, on either side of these two vertebra relieves pain in abdomen during menstrual flow.

Concussion of the fifth dorsal dilates the pyloric end of the stomach, and is indicated when there is headache due to an overloaded stomach. Concussion of the fifth dorsal vertebra facilitates rapid absorption and hastens elimination of nauseous drugs from the stomach; eliminates action of the gastric juice on drugs; aids in pressing the food into the pylorus—empties the stomach of its overloaded contents.

Concussions at the fourth to the sixth dorsal vertebra produces contraction of the gall bladder and pancreas; indicated in catarrhal jaundice and inflammation of gall bladder; hepatic fever, associated with gall stones. Concussion of these vertebra increases the secretions of the pancreas.

Concussion of the sixth and seventh dorsal vertebra



dilates the kidneys, and is indicated in general swelling and inflammation of the substance of the kidneys, in what is called nephritis; also for pseudo-appendicitis. Excessive nervous tension is relieved by concussion of these vertebrae.

Concussion of the third to the eighth dorsal relieves Splanchnic Nerve weakness, hence indicated in stomach troubles, due to weakness of the Splanchnic nerves, and prolapse of the stomach or bowels. It constricts the Splanchnic blood supply. It dilates the lungs, and prevents children's bronchitis from turning into pneumonia.

Concussion of the ninth dorsal vertebra relieves gall stone colic by dilating the gall bladder.

Concussion of the tenth dorsal dilates the blood vessels which produce hyperemia, as a result of too much irritation of the nervous system ending in muscles, causing the contracture which interferes with nerve filaments. Concussion of the tenth dorsal vertebra is indicated in locomotor ataxia, Bright's disease, phthisis, mitral stenosis, senile heart; and relieves the pain of duodenal ulcer. In nephritis (Bright's disease), concussion increases the functional activity of the kidneys, increasing the red blood corpuscles, and reduces blood pressure. It is indicated in anemia. Concussion of the tenth dorsal vertebra induces the most decided dilatation of the kidneys.

Concussion of the eleventh dorsal dilates the intestines, hence indicated in constipation, nervous diarrhoea, peristaltic unrest, enteralgia; dilates liver, and spleen; increases red cells and hemoglobin, the coloring matter of the blood.

Concussion of the twelfth dorsal vertebra contracts kidneys; relieves backache. It is indicated in parenchymatous nephritis. It intensifies pain, if renal calculus is present. It contracts the prostate gland, and thus relieves hypertrophy, or enlargement of it.

Concussion of the spinous processes from the ninth to the twelfth dorsal vertebra produces dilatation of the

heart; relieves anginoid pains, angina pectoris; dilates the thoracic aorta; replaces anemia by hyperemia, and is indicated in infantile paralysis, paralysis of legs, etc.

Concussion from the **first to the third lumbar vertebra** contracts the stomach, intestines, liver, spleen and uterus. It is indicated in dilated stomach, and dyspepsia due to motor insufficiency, or inefficiency; hepatic congestion, atomic constipation, enlarged spleen, sub-involuted uterus, hemorrhage of the uterus. It promotes the excretion of indican; Splanchnic neurasthenia and auto-intoxication relieved. It is valuable in malaria, leukemia; increases the leucocytes in the blood.

Concussion of the fifth lumbar vertebra relieves bed-wetting (Enuresis).

Pressure on either side of the spinous processes with any round, blunt piece of wood, iron, or the fingers, inhibits nerve function for the time being, and this may be used to relieve many conditions the same as the concussions. Too much pressure, or concussion, produces extreme soreness of the muscles of the back, and the concussion method should be preceded by careful study.

Any haphazard treatment is to be utterly ignored, for much harm often results from lack of knowledge of how to use the very best means.

The Science of Neuropathy includes all known means that affect the Nervous system, or the circulatory apparatus of the human body, from all sources.

The motto is, "TAKE OFF THE PRESSURE."

HOW TO MAKE SPINAL ADJUSTMENTS

How to make spinal adjustments demands consideration. The articular surfaces should be normal, so as to move naturally without friction or pain.

This condition prevails when there is no undue muscular contracture, causing abnormal pressure on the nervous system, interfering with its function, which is expressed at the nerve endings.

Some times the muscles have been in a state of contracture so long that the vertebrae are drawn from their normal position, that is, pulled sidewise, so the articular surfaces seem to be on edge, as it were, and in an effort of the person to move, increased pressure is made upon the nerve filaments in the muscles, and pain is the result.

The position, as well as the condition, may be changed oftentimes in an instant, by making a thrust in the right direction, with sufficient force, and relief follows at once.

Many cases will require more than one, in fact several adjustments, to overcome the muscular contracture so as to secure coordination, harmony, ease.

Some times there will be found a condition called "A Jam" along the spine. This is a condition where the spinous processes are closed tightly, leaving very little, if any, space between them, and where the spine seems to be, and is, stiff, immobile, and in a condition called "False Anchylosis."

This condition has been caused by undue contracture of the muscles attached to that part of the spine, interfering with the venous return circulation, causing **atrophy** of the septum between the bodies of the bones of the spinal column.

In such cases relief can only take place through treatment which relaxes the muscular structure involved. The

springing of the spine, with the hands so placed as to produce a spreading motion as the thrust is made, answers the purpose in many instances, repeated daily and persisted in until the difficulty is overcome.

Some times the lengthwise thrust is indicated, that is, while the operator stands at the head of the patient, the hands placed on the hips—iliac bones—on either side of the sacrum, make a hard, endwise thrust downward, and then go to the spine where the **jam** is, and place the hands crossed, one above the other on the spinous processes, make a forceful, spreading motion over the parts involved. This is the way, but do not expect that one adjustment will be enough to cure such a condition. It must be repeated, and that persistently, from day to day, until the conditions are changed from an **abnormal** to a **normal**.

The other parts of the spine may be adjusted the ordinary way, and according to conditions found along the several divisions of the spine.

How to Make the Thrust.

Place the one hand on the spine, flat down, letting the heel of the hand rest on the part where the thrust is to be made; either place the other hand over it, or around the wrist, **then stiffen one or both elbows**, and let the hand gently press against the spine, have the patient relax as much as possible, then make a sudden thrust directly against the spine over the region where the pain is; usually there will follow the thrust a **cracking noise**, and the pain at once subsides.

The spines may be adjusted back to a level, that is, the lamina may be, by placing both hands at the sides of the spinous processes, on the lamina, and make a sudden, forceful pressure downward, even before any attempt is made to adjust separate vertebra. This latter movement anyone can make, it will be followed by relief, and serve to relax the several muscles along the spine.

With these instructions, anyone should be able to make adjustments readily, to a purpose, save much suffering, and relieve conditions which might culminate in something serious, if let alone.

No one can overestimate the value of a little knowledge along these lines. Study the entire book, become an expert in applying these manipulations, and save much unnecessary suffering, found daily everywhere.

THE PRACTICAL APPLICATION OF VERTEBRAL ADJUSTING AND ITS SATISFACTORY RESULTS

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CHAPTER I.

The philosophy of vertebral adjusting is founded on osteology, neurology and functions, bones, nerves and the manifestation of impulses. Functions performed in a normal manner is health; diseases are conditions resulting from either too much function or a lack of function.

The dualistic system—spirit and body united by the intellectual soul—in the phenomena of life, is the basis of this philosophy and science; in the phenomena of life the combination of the triune spirit, soul and body are the factors and sources of the two mentals. It is the living organism with which the philosophy of vertebral adjusting deals and in which it gets its phenomenal results.

“Vertebral adjusting,” when properly administered, **corrects depraved and misguided conceptions of the intellect, and the mal-function of bodily organs, which may be abnormal from either abridged or transformed nerve supply to the organ involved;** at one and the same time correcting the mal-function, coordinating the nerve supply and **arresting nerve waste;** it may truly be said that this system coordinates body, soul and spirit into a united whole.

In considering the philosophy of the brain and nervous system, one should remember that the action and function

is three-fold in its nature. First, the transmission of currents of mentality out from the brain to tissue and organ (of enervation and function); second, the transmission of currents of mentality in from tissue and organ to the brain (of sensation); and third, the organic function to our own mentality which is a mental process, also a function of the brain; to illustrate, a nerve emanating from the spinal cord at the third cervical vertebra, and under slight pressure at that point, stimulates that nerve to over-function, at the terminal of that nerve we have a corresponding over-function of inflammation, which condition is transmitted back to the brain and which is translated by the brain to our mentality as neuralgia. Again, the seventh cervical vertebra is "jammed" or subluxated with a corresponding pressure on the seventh cervical nerve; this nerve, with its connecting branch to the pneumogastric nerve, carries this sensation of pressure to its terminal, ending in the pericardium, and there the interrupted currents result in a contracture of that covering of the heart; this contracture of the pericardium—thus limiting and greatly hindering the heart's action—is conveyed back to the brain and there is translated to our mentality as sluggish, poor or irregular circulation; it is for this simple reason that adjusting the seventh cervical vertebra restores the circulation to a normal, and adjusting the third cervical vertebra restores the symptom of facial neuralgia—it removes the cause in both cases—and this philosophy covers every iota of the human anatomy in the same way that it covers the whole of the vertebral column.

This system is different and distinct from all other methods of dealing with human abnormalities, in that it does not treat or deal with the "symptoms" or manifestations of disease but goes to the base, relieves and removes the cause; the cause removed, nature then, through the brain—the power house—and the nervous system—the transmission lines—of the innate intelligence and power can

only function normally, which is health, nature then exercising its powers toward a normal function unhindered.

All anatomists and pathologists concede the brain to be the power plant of the living human being; it is also conceded by them that all organic function is dependent upon the brain for its organic stimulus and power to function; it is further conceded that the nerves are the transmitting medium of this brain impulse to organ and tissue, and the organic function is dependent upon the integrity of the nerves to transmit to the organs this brain impulse. This being the case, it must be one of the three factors under consideration, where the origin and continuation of the trouble is located, either in the organ itself, in the nerve supplying the organ, or in the brain, the origin of the power and mental stimulus. The fact that life itself is resident in that individual and that self preservation is the first law of nature, would seem to imply that it was not the former, unless only a portion should be incapacitated from a traumatic wound, by which pressure was placed directly on the brain tissue, and in such cases vertebral adjustment should not be recommended, but rather a surgical operation should be advised, to raise the skull from pressure on the brain. The organ itself, per se, the fact, of its formation, localization and adaptation would seem to imply a fitness and qualification for its normal use when the operating power was intelligently applied in normal quantities and qualities, and when it is considered that this power may be either unduly accelerated, checked, transformed or entirely stopped from the mal-adjustment of the segments of the spine, it is apparent that at that point the vertebral adjustor looks first for the trouble, and I may be pardoned for a personal allusion when I state that in a record of twelve hundred and sixty cases in which vertebral adjustments were given under Neuropathic analysis and technique, only six failed to respond, and in these six cases the failure to respond was not a fault in

the Neuropathic analysis but rather a deficiency in nerve stamina in the patient or a degenerated condition of the nerves involved. These cases included nearly every ailment of the human family, and were the regular daily office practice, covering a period of the past eighteen months; this gives an average of ninety-nine and one-half per cent, even granting that the six alluded to were total failures, which they were not, for in even those six cases there were very great improvements in the general health, and in the nerve stamina of the patients, and in one of the cases—although the patient had received no perceptible good for the specific trouble for which he came to me—he said to me that he would not take \$10,000.00 for the benefits that he had received in every other way, the misfortune of the specific trouble was ameliorated to such an extent by his improved health, that it now seemed not one-fourth as bad as formerly. Of these six cases, four are still under observation; they are, however, given to the “failure” class, for up to this time no improvement is perceptible in the specific trouble for which they came.

The reader will naturally ask, “Then vertebral adjusting seems to cover all troubles?” and I will answer emphatically, “Yes,” when applied under Neuropathic analysis and technique, with the exception of such as may be directly the result of traumatic wounds to the skull itself. It is stated that other factors may be the primary cause in many troubles, but it is a fact that the continuation of the trouble to the chronic stage is dependent upon the effect of that primary cause upon the spine, and the vertebral column is the cause of the continuation of the trouble—with the exceptions above noted.

CHAPTER II.

The human spine, or vertebral column, composed of twenty-six separate and distinct segments, extending from the base of the skull to, and including, the sacrum and coccyx, inclose within its borders of bone the neural canal in which the spinal cord is located. Between each of these vertebral segments, and forming a part of each of the pair, is an opening (the inter-vertebral foramen) through which a leash of nerves pass from the spinal cord (of which it was originally a part) to the adjacent organs and tissues, this foramen, or opening, being a part of each of a movable pair of segments of vertebra. It is perfectly apparent that any excessive motion or even a contracture of the muscular structure that should hold the said segments in their normal position, would necessarily approximate or draw the segments out of their normal position, thereby placing an undue pressure on the nerve or leash of nerves emanating through the inter-vertebral foramen at that point; this, however, is a disputed point among the different schools of vertebral adjusting, some claiming that the "pressure" on the nerve is not in the vertebral opening but in the muscular structure immediately surrounding the spine and through which the nerve must necessarily pass in its outward passage; in other words, that the malfunction is the result of muscular contraction and ligamentous limitation of space and room immediately surrounding the leash of nerves, just after it passes from the spinal foramina; but as both factions agree in the important matter of getting relief in the same way—that of vertebral adjusting—and it being admitted by both that this is the treatment par excellence, the question of the argument is of very minor importance, and is not, in this work, a question at issue. This pressure, be it in the foramina or in the immediate surrounding structure, on

the nerves emanating at that point, is, as a factor, the battle ground between health on the one hand, and sickness, deformity, disease and suffering on the other; this is a contention by all schools of vertebral adjusting, and is being conceded by all schools of healing as fast as their personal prejudice will allow them to make a fair and impartial investigation of the facts and results of vertebral adjusting, when properly applied.

If this contracture is permanent its pressure on the nerve will produce a disease or mal-function at the terminal of that nerve that would likewise be permanent in its symptoms, or if the pressure on the nerve should be periodical in its appearance, then the attacks of disease or mal-function will likewise be periodical in its appearance, thus making plain and clear the periodical attacks of the pain in rheumatism, neuralgia, headache or gout, and the like appearance of the symptoms of stomach, intestinal, kidney, bladder, prostatic, ovarian, and womb troubles, all of which are amenable to proper vertebral adjusting; the response in many cases being instantaneous and the relief and cure permanent, when the adjusting is properly done and carried far enough to insure the proper rebuilding of the vertebral structure to its normal proportions, strength and position.

This philosophy, if carried to its extreme, in heavy and continued pressure would presuppose results commensurate with such conditions and would mean symptoms of paralysis of the organ, part or area supplied by that nerve which is under the pressure. Vertebral adjusting administered under Neuropathic analysis and technique, removes the cause by taking off the pressure, joining the bodily forces and coordinating the nervous system, thus arresting nerve waste, building up the bodily resistance and stamina and throwing out the waste matter through the normal channels of elimination.

The philosophy of bodily function is simple and is

easily understood when it is considered that all disease, abnormal function, pain and deformity are normal function "astray," either too much function or not enough function, the former producing too much refuse and the latter not enough for the health of the organism, and either of which produces a loss of brain power, nerve stamina and physical vitality just in proportion to the amount of pressure and the number of nerve filaments that are taking that pressure. The physical symptom of a certain trouble is not the only effect of this producing incoordination, its effect in lowered vitality and resisting power is of daily demonstration in the dissemination of infectious and contagious diseases and the sequelae of certain troubles after the primary symptoms have entirely disappeared; the practitioner has only to refer to his records of his daily clientele to verify this fact in his own experience. Thus it will be understood that the patient gets, not only the physical symptom but, also, a consequent lowering of vital stamina and resisting power, which opens the avenues of attack to the "germs of contagion" and infection; this lowering of the general vitality fosters the disintegrating process, not only of the organ or area directly involved, but other organs and in some special troubles the whole system suffers as a consequence.

The fact that the birth stage is reached in development is *prima facie* evidence that the innate powers of nature, functioning through the brain and nervous system, are capable of completing that development and that only a hindering or abridging factor, in the transmission of mental impulse, could stop, or retard, the normal finishing of the organic and physical development of the organism; through the nervous system as a transmitting medium the brain powers regulate and control all bodily function and sensation, maintain vital resisting powers, thus closing the avenues of attack to all forms of contagion and infection, and maintain the chemical equilibrium of

every organ and part of the body; with this brain power checked, abridged or transformed by pressure at the inter-vertebral foramina, the opposite symptoms, results and conditions are experienced, at the termination of that nerve; organic function is deranged, vital resistance is lowered, and other organs and parts suffer just in proportion to their ganglionic connection with the primary lesion; and the chemical equilibrium being unbalanced reduces the powers of recuperation and rebuilding.

When the nervous system is unhampered and free from pressure and impingement, and the lines of transmission are clear and unobstructed, nature maintains absolute health, and with, and a part of it, is the normal resisting powers to all forms of disease and infirmity; but if these nerves, whose function is the transmission of brain impulses to organs and tissues which they supply, are restricted or hampered in any manner, the organ or tissues which are dependent upon the integrity of such nerve for their organic stimulus, will suffer just in proportion to the incompetency of the supplying nerve in transmitting, in a normal manner and in a normal quantity and quality, the vitalizing brain impulse to that organ or tissue, and the organ or tissue will lose its vitality and normal function just in proportion as the nerves supplying them are prevented from transmitting in a normal manner the stimulus of brain impulse intended by nature for that organ, part or area.

CHAPTER III.

The articulated joints of the human body are placed there as articulated joints, by the Divine power for a purpose, and that purpose when carried to the last analysis is motion, that they may move within the normal limits of each joint, and the joints like all other bodily tissue, when not put to its normal use, either disintegrates, or changes its function, to suit surrounding conditions, and the articulated joints of the vertebral column are no exception to this rule—an unused vertebral articulation disintegrates; for that reason any normal movement of the spinal segments is advantageous to the rebuilding of those articulations to the normal; it is always the abnormal articulation that produces pressure and hence disease. Therefore, any normal movement of the spinal segments can only result in good to the patient in that it assists the segments back to a normal; vertebral adjusting has its greatest good in the fact that it **forces** the spine to a normal, and for that reason its results are often instantaneous and amazing in the relief attained.

Vertebral adjusting is done exclusively with the hands, no instruments of any kind being used; a special table, however, is necessary which is illustrated in cut No. 1VA., page 81. This table is the simplest imaginable and is eminently adapted for the purpose intended and is suited to and used for all sizes and ages of patients from infants and children, to patients up to two hundred and fifty pounds in weight; the frame is five feet long and thirteen and a half inches wide, twenty-one inches high, except at the head end which is one inch higher; the distance between the head end and the foot end, which is known as the "swing," is twenty-four inches, and is twelve inches from the head end of the table. In this open space is inserted five spiral screen-door springs, which support

the upholstered cushion upon which the patient rests the abdomen when in a position for vertebral adjusting; the head and foot ends of the table are upholstered with hair-cushions, as is the middle cushion, which are three inches thick, and would make the table when finished twenty-four inches high at the foot end, and twenty-five inches high at the head end. Pantasote makes an excellent goods with which to upholster the table; it is durable, sanitary and is not expensive, and if of a good quality will wear two to five years. The table is used as illustrated in Cut No. 4VA to 10VA, inclusive. Men, in preparing for a vertebral adjustment, strip from the waist up, and ladies do the same, using a kimono, which is reversed, placing the opening behind, so that the spine can be easily examined and adjusted. I do not consider it safe to try to either adjust or even examine a spine through the clothing as any inequality would be more than likely to mislead in the examination and would necessarily cause a wrong adjustment with its consequent results and trouble, both to the patient and the practitioner; it is far better to prepare for it right, and thus eliminate the dangers of either a faulty examination or a wrong adjustment.

One of the first essentials in vertebral adjustment is a knowledge of Anatomy, especially the nervous system, the osseous system and the muscular system, and an understanding of the essential principles of vertebral adjustment, savored with the application of good common sense and reason in its application; the simplest way is best, both for the patient and for the practitioner, in that it is less annoying to the patient, and requires less manual labor for the practitioner.

In vertebral examination, first, the general contour is taken in, then the relative position of each vertebra, and whether or not it is in line with its fellows, one above, the other below, and its relative position with the spine as a whole; the spacing of the vertebra will clearly indicate

whether or not any "contracture" is present, and if so, whether on both sides, which would "jam" the vertebra too close together, or on one side only which would be indicated by the spinous and transverse processes being drawn to one side or the other. Right here I want to **caution** the new vertebral adjustor, that it is often the case that the spinous processes are bent either to the right or to the left; and in many cases I have found them with no spinous processes at all; and in these cases, it is absolutely necessary that the transverse processes be used, not only for the examination, but also for the adjustment of the same.

I advocate the proving up of the spinous process examination by the transverse processes, which are seldom wrong, as the transverse process is the arm-carrying, and supporting the articulating surface of the vertebra; if it is wrong the articulation **must** be, so you cannot go wrong by thus proving both your examination and your adjusting by the transverse processes.

In case of a "jammed" spine or any of the segments thereof, it is best to open the "jam" before trying to adjust, as the "jam" would necessarily make a painful adjustment were it forced through the contracture or "jam."

Do not overdo your adjusting; when an adjustment is made, **let it alone**, as continued work, at any segment of the spine, produces soreness in the surrounding tissue, which is very disagreeable to the patient and proves annoying to the adjustor in that it makes future adjustment of that segment almost impossible, as long as the soreness remains. Remember, it is better to **underdo** than to **overdo**, in vertebral adjusting, for the reason that if under or less than done, nature takes up the work in an attempt to help it back to the normal, and if overdone and soreness is produced, nature seems to rebel at the irritation produced by the excessive adjusting.

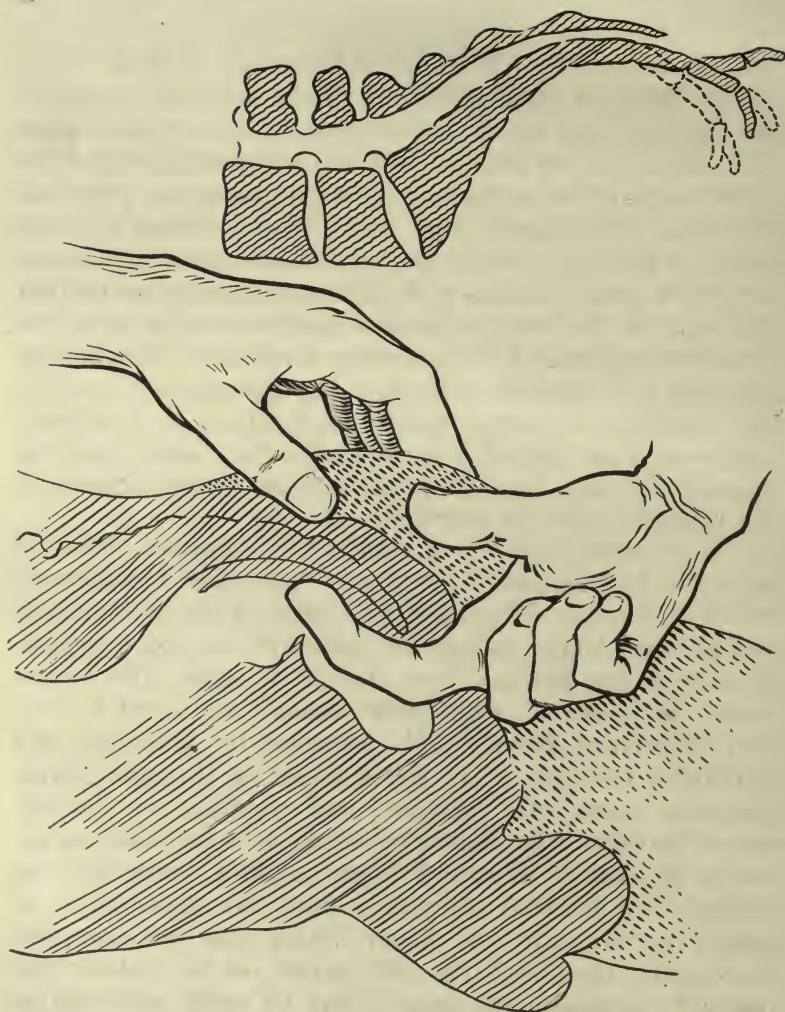
In some cases of vertebral lesions, the vertebrae will appear rigid in relation to each other; in other words, the

segments are ankylosed, or grown together, the bone has fused and run over its borders onto its mate with the resultant loss of motion and resiliency, and seemingly immovable. Patience, and continued work, in these cases, are necessary for the good of both the patient and the reputation of the practitioner; it is slow, and requires much time and patience, by both the adjustor and the patient, generally requiring from one to three months to reduce under daily adjusting, which is advised in all cases until nature, and the spine itself, take up the work of reconstruction, and then the adjustment should be given either every other day, twice a week, or once a week, as conditions require, in the judgment of the practitioner.

CHAPTER IV.

In cases of mal-function of the generative organs of the female, I have found only one safe rule, and that is **daily** adjustment for the entire period of twenty-eight days, the period required for all females to make the circuit from one menstrual period to the next, and as much longer as it requires to get the nervous system to thoroughly coordinate with the normal function of these organs, remembering that the whole of the nervous system had been adjusted to the abnormal function of these organs when they were wrong, and that it is essential that they get coordinated with the new condition of health, before your patient is dismissed; otherwise your patient's expenditure for health may be wasted, and your reputation may suffer, in consequence of the relapse to the old condition.

It is better in cases of painful menstruation, that the adjusting be commenced about one week after a menstrual period is over and continued daily through the next period, and as much longer as may be necessary for above results. In case of too profuse flow, cramps or pains, the coccyx should be examined, which will probably be found to be a very important factor; it is adjusted by trimming and smoothing the nail of the index finger of the right hand, anointing same with vaseline, and standing on the left side of patient, who should be on adjustment table in adjustment position, inserting finger in anus, going well up through the internal sphincters until the upper joint of coccyx is felt with the finger which may be examined thoroughly, then with the left thumb on the outside immediately opposite, the coccyx may be easily adjusted as any conditions may require. In case of ankylosis of the coccygeal joints, always break the lower joint first, then, the next on up to the sacro-coccygeal joint; by taking it in this rotation no pain need be caused to the patient. This



COCCYGEAL EXAMINATION AND ADJUSTMENT

adjustment of the coccyx may have to be repeated several times, if the case of female trouble is of a chronic nature; relief to the patient is generally instantaneous, and the good results are permanent when the coccyx is reinstated in its normal position. The coccyx of all patients should be examined often during adjustment, especially such patients as have symptoms of hemorrhage of any of the lower orifices, asthma, bronchitis, liver and stomach troubles, constipation, dropsy, nervousness of all forms, insomnia, cerebrations, and in insanity of all forms, and certain forms of neuralgia, rheumatism and headaches, especially of a neurasthenic or neurotic character. In case of lower lumbar contracture, especially where the sacrum is involved, the coccyx will be found in most cases in a "subluxated" condition, and should receive immediate attention and adjustment (I will state that for the past five years I have watched the coccyx of all of my patients, as systematically as they take their adjustments, and that I have been amply repaid therefor, in satisfactory results, to both myself and my patients).

In cases of neurotic temperament, especially in females suffering with any form of female trouble, constipation, or costiveness, in addition to the sixth and seventh dorsal, the lower sections of the vertebral column should receive close attention, especially the second lumbar vertebra and the coccyx. In cases of appendicitis, the tenth, eleventh and twelfth dorsal vertebrae should receive close attention, the eleventh dorsal to second lumbar vertebra being the key for this trouble; the pain and symptoms may be almost instantly relieved by a proper adjustment at this point, adjustment, however, should be systematically continued daily until the vertebra returns, and stays in a normal position, and all of the contracture has disappeared.

Under Chapter 6 will be found "Location of nerve supply to tissue involvements" and "Indications for vertebral adjusting," which, as a guide, will give the salient points of

ing this are cuts with explanatory notes, making plain many of the adjustments now recognized as good, by some of the best vertebral adjustors in the profession. The adjustments herewith given, and explained, are vouched for by the author of this article, as all have been in daily use in his office for over five years, and many of them, for over eight years (some adjustments not yet verified by time, use and results, are withheld for verification). The adjustments given, if applied with intelligence, understanding and reason, and under proper indications, can produce only good results, therefore of great value to the vertebral adjustor.

CHAPTER V.

The theory and application of vertebral adjusting must necessarily carry with it, in its proper application, the knowledge of nerve function, both under normal and abnormal conditions. Under the abnormal conditions produced by vertebral impingement upon spinal nerves, we have an abridgment, change or complete cessation of function at the end of the nerve which is taking the pressure. It must be considered that many of the more serious diseases and affections of humanity are a result of a combination of vertebral subluxations rather than an isolated lesion.

While the fifth and sixth dorsal vertebrae are factors in the heat regulation of the general system when isolated and alone, they become a very material part and factor when associated with other subluxations. For instance, a subluxated sixth dorsal when alone would cause a change in the general bodily temperature, producing a chill or fever or an alternating bodily chill and fever; now, if this condition be associated with a fourth or fifth lumbar subluxation, locating this specific function in the feet, a case of gout or similar derangement would be the product. Again, if this sixth dorsal subluxation was accompanied by an atlas subluxation, brain fever would be the result or if accompanied by a fifth dorsal, subluxated to the right and "jammed" or contracted on the sixth dorsal, in a child, diphtheria would be the product, and were the atlas added the child would be described as being "out of its head"—delirious.

Carrying this analogy farther under different conditions, we will take subluxations of the fifth cervical, fifth or sixth dorsal and tenth dorsal vertebrae, and smallpox is the result of this combination of subluxations, should they be severe; and if they should prove to be minor, then

chicken pox would be the product. Again, subluxations of the third cervical, sixth and eleventh dorsal and second lumbar vertebrae would produce typhoid fever and if added to these the first and fifth cervical vertebrae, typhus fever would be the product. The tenth to twelfth dorsal vertebra being the key to kidney function, would, when alone and isolated, in a subluxated condition produce only kidney trouble, but if associated with a third cervical subluxation it would result in trouble with the eyelids, producing inflamed or granulated eyelids, and to change the third cervical to an atlas subluxation would be to make it the factor for hydrocephalus.

Female diseases involving the generative organs of the female are produced by tenth dorsal to second lumbar and coccygeal subluxations; associate with this the sixth dorsal subluxation and the product would be puerperal or childbed fever. These illustrations will convey to the mind of the beginner in vertebral adjusting, the fact that the possible combination of causes must always be watched for and considered in all abnormal symptoms and for that reason in considering and studying the **"location of vertebral nerve supply to the tissues involved"** and **"indications for vertebral adjustments localized"** in another chapter you will observe that combinations of producing causes are listed under the producing vertebral area. For example, smallpox will be found under the fifth cervical, fifth dorsal, and the tenth dorsal, which will be found factors to this trouble; hydrocephalus will be found under the first cervical, tenth, eleventh or twelfth dorsal, etc.

With this explanation of the key, it will be easy for the investigator to associate in his vertebral adjusting the factors for any known disease or condition. If these factors or conditions are unknown, then "Nerve Tracing" must be resorted to for a satisfactory analysis. "Nerve Tracing" is the process of following, from a vertebral subluxation to organ or tissue, the path of a tender nerve. This process

may be reversed and the tender nerve traced back from the point of "symptom" to the vertebral column and the specific subluxated articulation of the vertebral column may be definitely located by this same process, thus going from symptom to cause.

The atlas, the sixth dorsal, the tenth dorsal, second lumbar or coccyx are factors in all diseases affecting the general system, and as a secondary cause producing mental disturbance, insomnia and hallucinations, secondary to other vertebral subluxations which may be the primary cause; it is, in those cases, just as important as the primary lesion, and should receive immediate attention.

The articulation between the third and fourth cervical vertebrae marks the division point in the upward trend and downward trend of the cervical nerves, the upward and downward trend at this point is about equal; after passing below the fourth cervical in going down the trend of the nerve distribution down increases in descent to the fourth lumbar vertebra, where the nerve distribution reaches the feet. This general trend in nerve distribution should be remembered, as it very materially assists the practitioner in "Nerve Tracing."

The blending of the nerve distribution from the fifth cervical with both the fourth and sixth cervical is so close that it must be guardedly watched in all troubles involving either the fourth or sixth cervical vertebra.

At the sixth cervical, the nerve distribution has more of a downward tendency, as a result the blending with the seventh cervical is more characteristic than with the fifth cervical, a corresponding tendency to the same functional and tissue control as is given under the seventh cervical vertebra, will be noted.

The fifth and sixth dorsal vertebral articulation is the central point of the vertebral column, and with the fourth above is the point for joining the bodily forces; with the sixth below is the general temperature regulating point. It

is, therefore, the most important point for diseases whose symptoms are of a general bodily distribution, for abnormal, high or low bodily temperature, and all forms of general nervousness, neurasthenia or general lowering of vitality.

Too much stress cannot be placed on the importance of the coccyx, in the abnormal function of the nervous system; it is a factor whose effect is not just local only; as an associate with other troubles its ill effects are felt over the entire nervous system, and it must be reckoned with on this basis. Too much care and attention cannot be given it; examine it often in all patients; it will often be found a factor, many times when least expected.

CHAPTER VI.

**Location of Vertebral Nerve Supply to Tissue Involvements.
Indications for Vertebral Adjustment Localized.****ATLAS.**

Tissues involved: Brain; optic tract to commissure; eight cranial bones; scalp; ear; ossicles; upper forehead.

Adjustment Indicated.

In any and all troubles involving the above tissue, blends with the axis below; abscess, acute softening or tuberculosis of the brain; hemicrania; cerebral meningitis; hydrocephalus; tumor of the brain; cranial tabes; encephalocoele; analgesia; apraxia; insanity; delirium; melancholy; stupor; hebetude; aphasia; aprosexia; delusions; hallucinations; dipsomania; neuralgia; headache; ataxia; coma; hysteria; convulsions; epilepsy; acromegaly; rachitis; ulcerations of head and forehead; abscesses of aural meatus; catarrh of, discharge from, polypi of, throbbing, buzzing or aching of ear; deafness; ocular pain or headache; sunstroke; morphine habit; somnambulism; vertigo; paralysis; diseases of the spinal cord.

AXIS.

Tissues involved: Blends with the atlas; brain; ears; upper portion of face; upper portion of back of neck.

Adjustment Indicated.

In all involvements of above tissue, and in nearly all atlas involvements, see "adjustment indicated" in atlas above; facial spasms; torticollis; facial paralysis; locomotor ataxia; acne; convulsions; hysteria.

THIRD CERVICAL.

Tissues involved: Blends with the atlas above and the fourth cervical below; trifacial nerve; nasal passage; retina; upper teeth; upper cheek; middle of back of neck.

Adjustment Indicated.

In all involvements of above tissue; blends with the axis above and fourth cervical below; headache; nasal catarrh; anosmia; boils on the neck; retropharyngeal abscess; amaurosis; muscular contracture of the neck; cramps or "crick" of the neck; stenosis of nasal passages; erysipelas of head, face or neck; alveolitis; Bell's paralysis; cold in head; muscles of eyeball; facial paralysis; gum boils; nasal catarrh; pharyngitis; polypi of nose; loss of smell; torticollis.

FOURTH CERVICAL.

Tissues involved: Blends with the third cervical above and the fifth cervical below; optic nerve anterior to chiasm; retina; cornea; nasal passages; fourteen bones of the face; mouth; teeth; gums; face; nasal pharynx; post nares; eustachian tubes; jaw; outer ear; hyoid bone.

Adjustment Indicated.

In all involvement of above tissue; diseases of the optic nerve; diseases of cornea; diseases of tear duct; optic atrophy; weak sight; color blindness; watery eyes; loss of vision; iridoplegia; myopia; defective vision; congestion of eustachian tubes; neuralgia of face and teeth; bronchial asthma; emphysema; stenosis; sneezing; rhinitis; polypi of nose; discharge from nose; parosmia; coryza; barber's itch; herpes; palsy of the face; warts on face; diplegia; lockjaw; tic douloureux; psoriasis of face; general eruptions of shoulders, neck or face; lung reflex of contracture.

FIFTH CERVICAL.

Tissue involved: Blends with the fourth cervical above and the sixth cervical below; eye; nose; face; lower teeth and jaw; posterior and lateral neck muscles; hyoid bone.

Adjustment Indicated.

In all involvement of above tissue; chicken pox; small-pox; typhoid; hay fever; measles; disphonia; tumors; cancers; nasal asthma; eruptions of face and neck; eruptive fevers.

SIXTH CERVICAL.

Tissues involved: Blends with the fifth cervical above and the seventh cervical below; larynx; lower part of posterior neck; shoulders; thyroid gland; posterior part of mouth; palate; tonsils; vocal chords; sterno mastoid; superior portion of bronchi; clavicle; anterior portion of upper arm.

Adjustment Indicated.

In all involvement of above tissue; rheumatism or atrophy of shoulders, arms or clavicle; armpit tenderness; erysipelas of upper arms or shoulders or paralysis of same area; asthma; bronchitis; bronchial cough; hay fever; catarrh of larynx; goiter; bronchial pneumonia; dispnoea; diseases of sterno mastoid.

SEVENTH CERVICAL.

Tissues involved: Blends with sixth cervical above and first dorsal below; pericardium; trachea; deltoid; posterior low neck muscles; upper part of arms; radius.

Adjustment Indicated.

In all involvement of above tissue; cardiac asthma; tachy cardia; palpitation; arrekthymia; migraine; exoph-

thalmic goitre; aneurism; diabetes mellitus; bronchial congestion; cardiac weakness; dyspepsia; pertussis; angina pectoris; amblyopia; kidney reflex; pericardial reflex of contraction.

FIRST DORSAL.

Tissues involved: Blends with the seventh cervical above and the second dorsal below; shoulder muscles; arm muscles; humerus; middle bronchi; scapula; clavicle; manubrium; ulna; carpal and metacarpal; pericardium; first rib distribution.

Adjustment Indicated.

In all involvement of above tissue; bronchial asthma; difficult breathing; bronchial cough; hay fever; acute bronchitis; bronchial hemorrhage; certain heart symptoms; aneurism of aorta; felon on fingers; writer's cramp; distorted fingers, wrist or elbow joints.

SECOND DORSAL.

Tissues involved: Blends with first dorsal above and third dorsal below; pericardium; aorta; lower bronchi; lower arm and hand muscles; radius; ulna; carpal and metacarpal bones; second rib distribution.

Adjustment Indicated.

In all involvement of above tissue; high blood pressure; asthenopia; diseases of pericardium; angina pectoris; arm-pit tenderness; bronchitis; bronchial irritation; cough, acne, consumption; pneumonia; cramps of hands or arms; felon on fingers; rheumatism of arms or hands; regurgitation; dilatation; palpitation; cardiac thrills from pericardial contraction; tuberculosis; coldness of hands.

THIRD DORSAL.

Tissues involved: Blends with the second dorsal above and the fourth dorsal below; heart; lungs; pleura; breast;

mammary glands; nipples; chest; lower sternum; portions of lower radius; ulna, wrist and hand; third rib distribution.

Adjustment Indicated.

In all involvement of above tissue; pleura; lungs; chest; breast; consumption; lung fever; diseases of pleura; pneumonia; aneurism of aorta; dilatation; endocarditis; mitral incompetency; tuberculosis; bradycardia; tracheitis; cardiac dropsy; fatty heart; palpitation; valvular diseases; deficient mammary glands; abdominal reflex.

FOURTH DORSAL.

Tissues involved: Blends with the third dorsal above and the fifth dorsal below; heart; lower portion of lungs, liver; gall bladder; bile ducts; fourth rib distribution.

Adjustment Indicated.

In all involvement of above tissue; breast; mammary glands; rubeola; strabismus; diseases of liver, gall bladder, bile ducts and heart; mitral incompetency; consumption; pneumonia; pleurisy; abscess, cancer or dropsy of the liver; jaundice; biliousness; catarrh; atrophy, cirrhosis or enlargement of the liver, gall bladder or bile ducts; gall stones; mitral, cardiac or aortic stenosis; tuberculosis; congestion of lower section of lungs.

FIFTH DORSAL.

Tissues involved: Blends with the fourth dorsal above and the sixth dorsal below; fifth rib distribution; cardiac end of stomach; gall bladder; bile ducts; cardiac reflex; liver; lower part of mammary gland and breast.

Adjustment Indicated.

In all involvement of above tissue; locomotor ataxia; hemiplegia; hemianesthesia; nervous exhaustion; spinal

Adjustment Indicated.

In all involvement of the above tissue; in all inflammatory enlargements or swellings; chicken pox; smallpox; locomotor ataxia; Bright's disease; mitral stenosis; senile heart; consumption; paralysis; infantile paralysis; anemia; intestinal diseases, worms and obstructions; kidney diseases; alopecia; erysipelas; boils, and general eruptions; dropsy; constipation, costiveness.

ELEVENTH DORSAL.

Tissues involved: Suprarenal capsules; kidneys; intestines; appendix; omentum; eleventh rib distribution.

Adjustment Indicated.

All involvement of above tissue; appendicitis; peristaltic action; lumbago; nephritis; renal calculi; albuminuria; brick dust deposit; chlorosis; renal colic; diabetes insipidus and mellitus; hydrocephalus; gravel; septicemia; paralysis; infantile paralysis; chicken pox; smallpox; general eruptions; barber's itch; eruptive fevers; erysipelas; dry tetter; rashes; rubeola; scarlatina; blackheads; cataract; inflammation of the eyelids; granulated eyelids; dryness, swelling or excessive moisture of the skin; cholera infantum; diarrhea; costiveness; dysentery; serous stools; dropsy; influenza; obesity; rheumatism; abnormal perspiration in any and all parts of the body.

TWELFTH DORSAL.

Tissue involvement: Blends with the eleventh dorsal above and the first and second lumbar below; lower portion of kidneys; ureters; intestines; serous circulation; twelfth rib distribution. (Spinal cord ends at this vertebra in adults.)

Adjustment Indicated.

All involvements of the above tissue; this being a material point of kidney nerve supply, all of adjustments indicated under eleventh dorsal are essentially a factor for this point, which see; also first and second lumbar below, with which this also blends, which see; acromegaly; Addison's disease; adipose tissue; alveola pyorrhea, ascites; barrenness; blepharitis ulcerosa; Bright's disease; renal calculi; cold feet; renal colic; conjunctivitis; corpulence; costiveness; bowel cramps; spinal curvature; ductal tophus; diabetes mellitus; ectropion; eczema; elephantiasis; enteralgia; enteritis; general eruptions; eyelids inflamed or granulated; feet or hands cold or sweaty; abnormal perspiration; female weakness; floating kidney; gravel; gout; bleeding, swollen or ulcerated gums; haematuria; hydrocele; hydrocephalus; inflammation of bowels; inflammation of kidneys; painful menstruation; nephritis; obesity; paraplegia; peritonitis; pyorrhea alveolaris; skin diseases; smallpox, chicken pox; primary syphilis; typhoid fever; typhus fever; uremic convulsions; urine, too much or too scanty.

FIRST LUMBAR; SECOND LUMBAR.

Tissues involved: Small intestines; peritoneum; uterus; leg muscles; appendix; ovaries; caecum; sexual organs; testes; bladder; blends with third and fourth lumbar.

Adjustment Indicated.

In all involvements of above tissue; after pains; tired feeling; diseases of bladder; bubo; catarrh of bowels, bladder, urethra or vagina; chordee; colic; colitis; cramps in bowels; cystitis; diarrhea; diseases of hip joint or knee; dysentery; dysmenorrhea; elephantiasis of genitals or lower limbs; enteralgia; enteritis; epilepsy; female weakness and diseases; flux; diseases of genital organs; gleet; gonorrhea; impotence; incontinence; infantile paralysis; intestinal

hemorrhage; leucorrhea; menorrhagia; painful menstruation; metritis, micturition; milk leg; ovaritis; paraplegia; puerperal fever; sleeplessness; summer complaint; syphilis; whites; abnormal urination, frequent, too much or too scanty; diseases or mal-position of uterus or womb.

THIRD LUMBAR; FOURTH LUMBAR.

Tissues involved: Sexual organs; uterus; bladder; rectum; testicles; ovaries; lower small intestines; caecum; colon; abdominal muscles; thighs; knees, legs and feet; blends with fifth lumbar below.

Adjustment Indicated.

All involvement of above tissue; club foot; cold feet; coxalgia; coxitis; rheumatism or cramps of thigh, knee, leg or feet; diseases of thigh, knee, leg or foot; elephantiasis of legs or feet; anal fissure or fistula; hemiparaplegia; hemorrhoids; ingrowing toe nails; milk leg; paraplegia; piles; plantar neuralgia; polypi of rectum or uterus; priapism; proctitis; prolapsus uteri; prostatitis; sciatica; sexual weakness; tarsalgia; vaginitis; varicocele; vulvitis; whitlow of toes; worms.

FIFTH LUMBAR.

Tissues involved: Rectum; uterus; buttocks; anus; sacrum; coccyx; posterior thigh.

Adjustment Indicated.

In all involvements of about tissue; all leg or foot trouble; coccygodynia; coxalgia; coxitis; cramp or pain in hips, buttocks or lower limbs; elephantiasis in lower limbs; anal fissure or fistula; hemorrhoids; ingrowing toe nails; milk leg; piles; polypi of rectum; proctitis; priapism; tarsalgia; menstrual disorders; prolapsed or displaced uterus. (See cut "Coccygeal Adjustment" under Chapter 4).

COCCYX.

Adjustment Indicated.

Alcoholism; allochiria; amblyopia; anemic headache; acoria; aprosexia; ataxic gait; child-crowing; ankle clonus; constipation; convulsions; coxalgia; cold hands or feet; painful defecation; dipsomania; dysmenorrhea; dysentery; epilepsy; female diseases; fetichism; feeble-mindedness; fibroid tumor; genital disease or pain; gout; hemiplegia; intellectual disorders; impotence; insanity; inter-menstrual pain; all thigh, leg and foot troubles; kidney trouble; bladder and prostatic trouble; bad memory; all diseases of mentality; nervous headaches or neuralgia; nervousness; petit mal; sadism; coldness or clammy skin or poor circulation; sub-normal temperature of body, especially the extremities; abnormal thirst.



CUT No. 2, V. A.

Palpation—Sitting Posture.

By all means the most important method of locating subluxations, and analyzing the vertebral column, palpation is used by many to the sole exclusion of all other methods very successfully. It is the Omega in determining subjective etiology.

The "Rule of three" applies in every step of palpation by using either right or left hand with index, middle and third fingers, the middle finger used for palpating, with index and third fingers for comparison.

The above illustrates the sixth dorsal under process of palpation with spine of vertebrae between index and middle finger tips. In this instance, the adjustor has located the transverse processes of eighth dorsal vertebra.



CUT No. 4, V. A.

Atlas Adjustment—Sitting Posture.

The above illustrates distinctly a Neuropathic adjustment. It removes the pressure from the sub-occipital nerve and at the same time produces complete relaxation of the muscles and ligaments of the cervical vertebrae below.

The vertebra (atlas) was to the left, and the position here is to adjust it to the right. Patient in the sitting posture, vertebral column erect, adjustor's left thumb against patient's right mastoid and his left index finger against left transverse process of atlas, other fingers against transverse processes of other cervical vertebrae (note in this position you have the atlas at your control). Right hand clamped around both maxillary bones and for this particular adjustment hold atlas in position with left hand and move head with right hand to right. The subluxation is between atlas and occipital bone, impinging sub-occipital nerve.

This adjustment is efficacious in all forms of atlas subluxation. (See atlas under Chapter 6 for indications).

Seventh Cervical Adjustment—Sitting Posture.

The seventh cervical vertebra is "vertebral prominens" and is characterized by its spine being longer and more prominent than any of the other spines of the entire vertebral column and in 90% of all patients more or less posterior and to right or left, according to occupation of patient and whether right or left handed.

The following cut illustrates the much sought for "T.M. Movement." Very few colleges teach this adjusting and then to only the advanced students, for the leverage of the skull and neck in this position is truly great; it should be given with care for with only a wave more force the vertebra will be found in the opposite direction; when given properly this adjusting will relieve the nerves here involved from pressure when all others fail.

Patient in "sitting posture," spine and head erect; the above illustrates the seventh cervical, posterior and to left, the left thumb imbedded in the muscles of the left side with "tip" against the "posterior left angle" of the spine with the "ball" of the thumb against the lamina, the second and third fingers gripped around the clavicle for support, the index finger against mastoid process and used to place head in desired position. The right hand gripped around frontal bone with thumb on top of head (as in cut), then swing the head to right angle with body, using fore arm for rotary movement and hand for posterior movement, until muscles are tense, then with quick, but not severe, rotary and posterior movement of head to the left and face to right (when vertebra is to right, reverse the above procedure).

This adjustment is efficacious in all forms of chronic subluxation of the seventh cervical vertebra.

See seventh cervical under Chapter 6 for indications.



CUT No. 3, V. A.

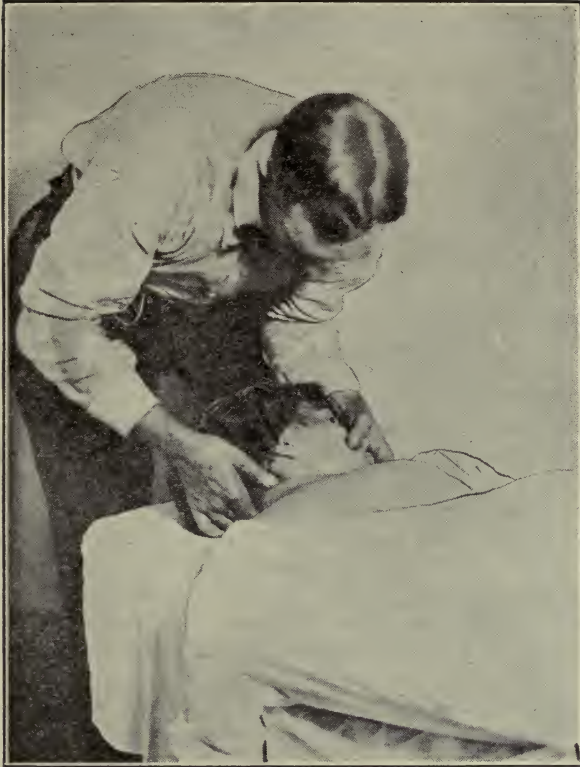


CUT No. 5, V. A.

Axis Adjustment—Sitting Posture

Illustrating axis adjustment to left. Tip of right thumb against spine of axis with fingers of right hand winding around transverse processes of cervicals below, with the spines of other cervicals in palm of hand. Inferior maxillary gripped firmly with left hand, left thumb against right superior maxillary, swing head to left until all cervical muscles are tense. For adjustment, quickly rotate head to left with left hand, and move axis with right thumb. If axis is stubborn and requires more force, use adjustment as illustrated in CUT NO. 6 VA.

Chapter 6 for indications.



CUT No. 6. V. A.

Third Cervical Adjustment—Prone Posture.

The third cervical vertebra subluxated to right. The position is to adjust to the left.

Patient in prone posture with head lying on left side, the adjustor's right thumb on right side of vertebra pressing against lamina and the fingers of right hand gripped around neck with tips of right fingers placed against transverse processes of the vertebra above and below vertebra being adjusted. Index finger of left hand under inferior maxillary bone, thumb on right cheek, other fingers on left side of face. For the adjusting give a quick rotary movement of left hand to right.

This adjustment has proved a panacea in facial neuralgia, toothache (if teeth are decayed and nerve exposed would be only temporary relief—see a dentist) and inflammation of gums (if pyorrhea see tenth dorsal vertebra), pimples on cheeks, chin or in nostrils.

See third cervical under Chapter 6 for indications.

Fifth Cervical Adjustment—Prone Posture.

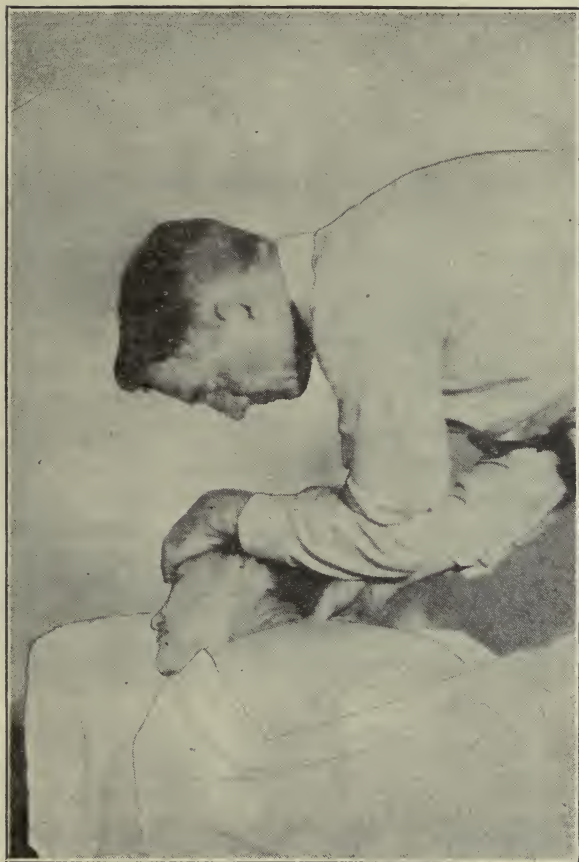
The cut illustrates the most effectual technique in cervical adjustment. When once understood and used it will be adopted and used in preference to all other methods of correcting cervical displacements. We unhesitatingly recommend this adjustment.

Patient in prone posture, head lying to side of subluxation. In this case the fifth cervical was displaced to the right; the position in above cut is to move vertebra to left; the tip of right thumb is against the right side of the fifth cervical spine. The articulations of the index finger winds against the right lamina and transverse process, the second and third fingers are clamped against right clavicle of patient while the right hand is used as a lever with hand gripped around patient's forehead. The adjustment is given by a concussion of forces produced by a cross motion of both hands simultaneously.

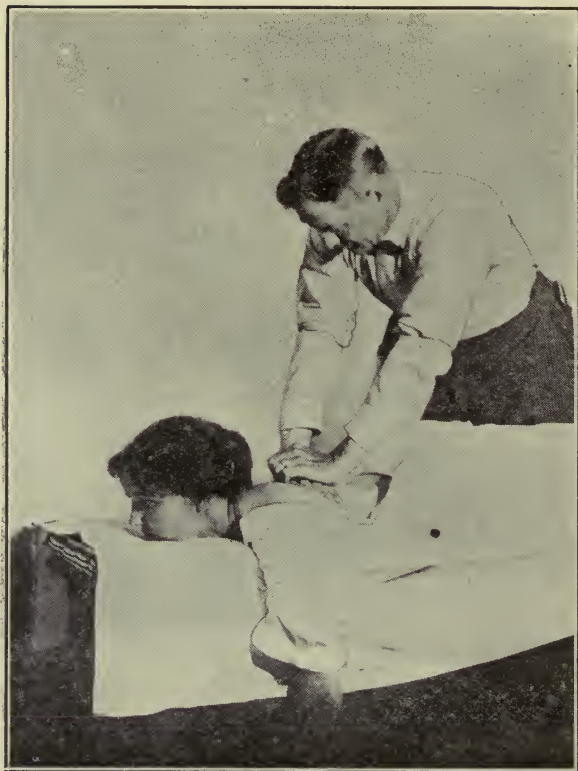
(Note—In this adjustment the leverage is very great; care should be used, always palpating the vertebra after the adjustment as a caution to a possible movement of the vertebra too far to the opposite side which would transfer the symptom from right to left side only and not give the desired relief).

This adjustment is recommended for chronic subluxation of fifth cervical.

See fifth cervical under Chapter 6 for indications.



CUT No. 7, V. A



CUT No. 8, V. A.

Fourth Dorsal Adjustment—Prone Posture.

In this illustration the fourth dorsal vertebra was "jammed" on its fellow immediately below; the position is to adjust it superior.

The adjustor's metacarpal bone of right hand is placed against the inferior spine or as near between the fourth and fifth dorsal spine as possible and in adjusting apply force to spine of fourth dorsal from the inferior adjusting vertebra to superior. The right pisiform and other wrist bones are resting on transverse processes of vertebrae below to hold secure, while the right fingers are imbedded into the intercostal spaces.

The left arm is directed (from shoulder to wrist) in the direction vertebra is to be adjusted. Adjusting is given by tensing slightly flexed right elbow.

Chapter 6 for indications.



CUT No. 9, V. A.

Fourth Dorsal Vertebra—Prone Posture.

The above illustrates the adjustment of the fourth dorsal vertebra to the left and inferior, is subluxated to the right and superior. To adjust a vertebra into normal relation with its fellows above and below, necessitates that the application of forces be given in the opposite direction, due to the inter-locking articulation supported by the transverse processes (both superior and inferior) and the articulations of the centrum of the vertebra.

The pisiform bone of the right hand is placed against the inferior left angle of the spine of the fourth dorsal vertebra, the left hand and arm bracing and restricting the motion to prevent adjusting the vertebra too far to the opposite side. The force for the adjusting is given by tensing the slightly flexed elbows. In case of a chronic or ankylosed subluxation and an additional force is needed, reinforce by shoulder thrust. See fourth dorsal, Chapter 6, for indications.

Tenth Dorsal Adjustment—Prone Posture.

This illustration is somewhat misleading in general appearance due to the fact that this lady's spine is in perfect order, is extremely resilient, and under such perfect control that she can almost touch scapula and buttocks upon exertion. This adjustment illustrates the movement of the tenth dorsal vertebra to left and superior. The right pisiform bone is on the right lamina of the tenth dorsal vertebra, metacarpal of the small finger against spine, which gives the adjustor perfect control of the vertebra in case it should tend to slip too far to the opposite side, in which case the symptom would be transferred from the right to left side of patient and which should be guarded against in all minor subluxations. It requires more care and caution in the adjustment of slight subluxations than in the adjustment of severe subluxations of a chronic nature, as it requires a great deal more velocity and force in the latter.

You will note that the right hand is braced and sustained in applying the needed force by the left hand and arm as a brace and restricting lever; the adjustment force is applied by tensing the slightly flexed elbow joints. This adjustment is recommended for both acute and chronic troubles, indications of which will be found under "Tenth Dorsal," Chapter 6.



CUT No. 10, V. A.

Sacral Adjustment—Prone Posture.

In this case the lumbo-sacral arch was impinging the fifth pair of lumbar nerves (both right and left); the effects of this subluxation was sciatic inflammation of lower limbs.

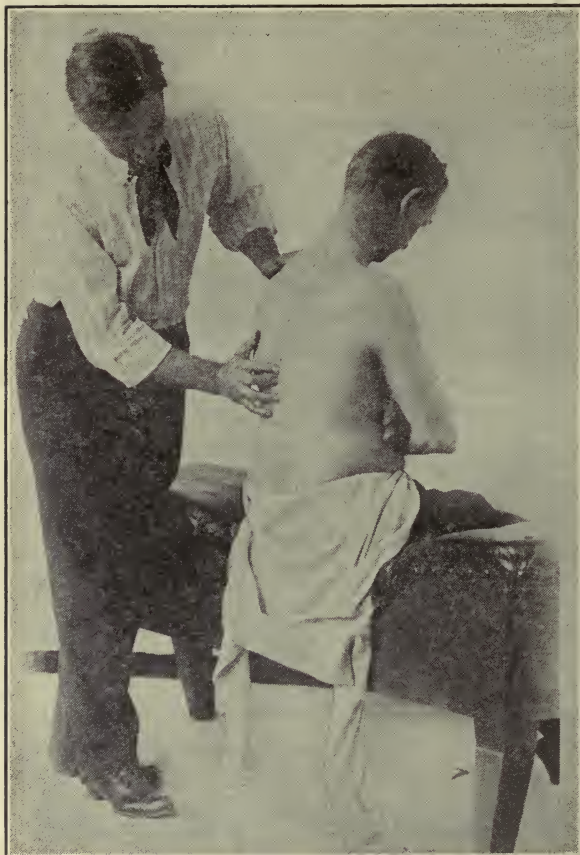
The position of the hands in this cut is somewhat misleading, due to the flexibility of the spine. The thumbs of the adjustor are placed to the right and left of the spines on the sacrum and inside each innominate. Index finger and arch of hand is placed upon the crest of ilium and posterior part of innominate bones, the arch of each wrist imbedded in the muscles of the groins.

The movement for this adjustment is not from the arms but of the body of the adjustor, standing firmly at the head of the table, both knees against the table, throwing the weight of the body from the hips to both sacrum and innominates. This adjusting, when given properly, will throw sacrum anterior and the fifth lumbar vertebra posterior; specifically and generally open up the whole lower part of the vertebral column. The springs in the table necessary for this adjusting will furnish the recoil sufficient to influence the fifth lumbar posterior. To fully appreciate this adjusting, examine your skeleton and see the relation of the lumbar vertebra with the sacrum (lumbo-sacral arch); you will readily appreciate the superior value of this adjusting over the other so-called sacral adjusting.

This adjustment is recommended in all conditions where there is a contracture or subluxation of the lower lumbar vertebra. (Also see coccyx under Chapter 6 for indications).



CUT No. 11, V. A.



CUT No 12, V. A

Palpation—Sitting Posture.

The above illustration shows the eighth, ninth and tenth dorsal vertebrae under palpation, and as is illustrated the ninth dorsal is subluxated to the left and superior. The index finger is on spine of eighth dorsal, middle finger is on spine of ninth dorsal, third finger is on spine of tenth dorsal. The index and third fingers are in line and spaced about the proper distance apart; the middle finger is too close to the index finger and to the left of the plumb line revealing a subluxation of the ninth dorsal vertebra superior and to left.

In palpating to determine subluxations, always use three fingers in the manner suggested above.



CUT No. 13, V. A.

Ninth Dorsal Adjustment—Prone Posture.

This illustrates the proper method of adjusting the ninth dorsal subluxation as illustrated in palpation, Cut No. 12 VA. The left pisiform bone is placed on the superior, left angle of the spine of the ninth dorsal vertebra; the left arm is directed toward right foot—the direction the vertebra is to be adjusted; the right hand clasped around left wrist; the “slack” is taken up by gradual pressure on vertebral column with left hand. The recoil necessary in giving this adjusting is given with right hand from the shoulders.

See Chapter 6 for indications.

CHAPTER VII.

Specific Adjustments.

(Note—In this list is given only the specific “key” to primary subluxations in diseases given, the vertebra above or the one below point given may be the producing primary cause which should be definitely determined under Palpation. For associate subluxations see “Adjustments Indicated” under each vertebral segment in Chapter 6).

Aching—general	6 D.
Acne	2 D.
Acid Stomach	5, 7 D.
Acne Rosacea	10, 11, or 12 D.
Acromastitis	3 D.
Acromegaly	4 D.
Acroparalysis	6 D.
Acroparasthesia	6 D.
Actinomycosis	4 C.
Addison's disease	12 D.
Adenoids of Pharynx	3 C.
Adipose tissue	12 D.
Adrenals	9 or 10 D.
After pains	1 L.
Ague	6 D.
Albuminuria	10 or 12 D.
Alcoholism	1, 4 C, 5 D, coccyx
All gone feeling	8 D. to 2 L.
Alopecia	6 D. to right.
Alveolitis	3 C.
Alveolar pyorrhea	12 D.
Amenorrhea	4, 5 L. or coccyx
Amblyopia	4 C. 12 D. coccyx
Amnesia	1, 2 or 3 C.
Amaurosis	4 C.
Anemic headache	5 D. 5 L. or coccyx
Anemia—general	6 D.
Aneurism	7 C. 1 or 2 D.
Angina Pectoris	4 C.

Anchidrosis	6 D.
Animal parasites	5 D. to rt. up.
Anorexia	5 D. to rt. up.
Anosmia	3 D.
Aphasia	1 C.
Apoplexy	6 D.
Appendicitis	9 D. to rt. up.
Arms, diseases of	5, 6 or 7 C. or 1 D.
Arthritis Deformans, Gen.	6 D.
Ascites	12 D.
Asthma, bronchial	4 D.
Baldness	6 D. to rt.
Barber's itch	5 C. 5 D. 10 D.
Barrenness	11 D.
Bell's paralysis	3 C.
Bilious remittent fever	6 D.
Blackheads	10 or 12 D.
Bladder, diseases of	1 L.
Blair eyes	12 D.
Blephoritis ulcerosa	12 D.
Breast, diseases of	4 D.
Bright's disease	12 D.
Bronchitis	4 D.
Bronchocele	5 D. to left.
Bronchorrhea serosa	1, 2 or 3 D.
Bubo	1 L.
Calculi, biliary	7 D.
Calculi, renal	12 D.
Calculi, urinary	12 D.
Calf of leg	4 L.
Camp fever	6 D.
Cancrum oris	5 D. to left up.
Canker sore mouth	5 D. to left up.
Cardialgia	5 D. to rt. up.
Catalepsy	1 C.
Cataract	6 D. to left up.
Catarrh of head	1, 2 or 3 C. 6 D.
Catarrh, throat	6 D.
Catarrh, bronchial tubes	2 D.
Catarrh, lungs	3, 4 or 5 D.
Catarrh, stomach	5 D.
Catarrh, bowels	8, 9, 10, 11, 12 D., 1 or 2 L.
Catarrh, bladder	1 L.

Catarrh, vagina	1 L.
Catarrh, urethra	1 L.
Cephalalgia	1 or 2 C., 5 or 12 D.
Chicken pox	5 C.
Childbed fever.....	6 D. and 1, 2 or 3 L.
Chill	6 D.
Chills and fever	6 D.
Chlorosis	6 D.
Choking sensation	5 D. to left.
Cholangitis	6 D.
Cholera, Asiatic	6 D.
Cholera infantum	10 D.
Cholera morbus	1 or 2 L.
Chordee	2 L.
Chorea, general	6 D.
Claw hand	3 C.
Club fingers ..	1, 2 or 3 D.
Club foot	4 L.
Coccygodynia	4 or 5 L. or coccyx.
Cold feet	12 D. or coccyx.
Cold in head	3 C.
Colic	10, 11, 12 D., 1 or 2 L.
Colica, hepatica	7 D.
Colic, renal	12 D.
Colitis	2 L.
Coma	6 D.
Conjunctivitis	12 D.
Consumption	2, 3 or 4 D.
Convulsions	5 D. to rt. up.
Corpulence	12 D.
Coryza	3 C.
Costiveness	12 D.
Coxalgia	4, 5 L., or coccyx.
Coxitis	4, 5 L., or coccyx.
Cramps, arms	1, 2 or 3 D.
Cramps, diaphragm	7 D.
Cramps, bowels	11, 12 D., 1 or 2 L.
Cramps, lower extremities.....	4, 5 L., or coccyx.
Cretinism	6 D.
Crossed hemiplegia	6 D.
Cross eyes	4 D.
Croup	5 D. to left up.
Curvature, spinal	12 D.

Cystitis	1 L.
Dactylitis, finger	4 D.
Dactylitis, toe	4 L.
Dandruff	6 D., 12 D.
Deafness	5 D.
Delirium	1 C.
Dengue	6 D.
Dental—tophus	12 D.
Diabetes mellitus	6 and 12 D.
Diabetes, insipidus	6 and 12 D.
Diaphragmitis	4 D.
Diarrhea	2 L.
Dilatation of stomach	5 D. to rt. up.
Dilatation of heart	7 C. and 4 D.
Diphtheria	5 D. to left up.
Dipsomania	5 D. to left up.
Diseases of hip joint	1 L.
Diseases of knee	2 L.
Diseases of ankle	3 L.
Diseases of foot	4 or 5 L.
Dizziness	1 C.
Dropsy	12 D.
Dumbness	1 C. or 4 or 5 D.
Duodenitis	12 D. to left up.
Duodenocholangitis	7 D.
Dysentery	2 L.
Dysmenorrhea	2 L.
Dyspepsia	5 D. to rt. up.
Dysphagia	5 D. to left up.
Dysphopia	5 C.
Dyspnea	4 D.
Ear ache	4 C.
Ear, roaring	1 C.
Ear, wax	4 C.
Ectropion	12 D.
Eczema, general	6 D. and 12 D.
Edeitis	1 or 2 L.
Elephantiasis, general	6 D. and 12 D.
Elephantiasis of external genitals	10 D. and 2 L.
Elephantiasis of lower limbs	12 D. and 1, 2, 3, 4 or 5 L.
Empyemia	3, 4 or 5 D.
Encephalitis	1 C. and 6 D.
Encephalomalacia	1 C. and 6 D.

Encephalopathy	1 C. and 6 D., 10 D. or 2 L.
Endocarditis	4 D.
Enteralgia	7, 8, 9, 10, 11, 12 D., 1 or 2 L.
Enteritis	10, 11, 12 D., 1 or 2 L.
Epilepsy	1 C., 6 D. and 2 L.
Eruptions; general	6 and 10 D.
Erysipelas, head	1 C., 6 and 10 D.
Erysipelas, face	3 C., 6 and 10 D.
Exophthalmic Goitre	5 D. to left up.
Eye ball, spasmodic motion	3 C.
Eye, diseases of	3 C., 6 D. to left up.
Eyelids, diseases of	12 D.
Eyelids, granulated	12 D.
Facial hemihypertrophy	3 C., 12 D.
Facial paralysis	3 C.
Fainting	1 C. and 6 D.
Feet, cold or sweaty	10 D., 5 L. or coccyx.
Female weakness	10, 11, 12 D., 1 or 2 L.
Fever, general	6 D.
Film of eye	5 D. to L. up.
Fissure, anal	4, 5 L. or coccyx.
Fistula, anal	4, 5 L. or coccyx.
Floating kidney	10, 11 or 12 D.
Floating liver	7 D.
Flux	2 L.
Fragilitas ossium, general	6 D.
Gall stone colic	7 or 8 D.
Gall stones	7 D.
Gastralgia	5 D. to rt. up.
Gastric ulcers	5 D. to rt. up.
Gastritis	5 D. to rt. up.
Gastro duodenitis	5 D. to rt. up.
Gastrodynia	5 D. to rt. up.
Gastro-enteritis	5 D. to rt. up.
Genital organs, diseases of	2 L.
Gleet	2 L.
Glossitis	5 D. to left up.
Goitre	5 D. to left up.
Gonorrhea	2 L.
Gout	6 and 10 D. and 4 or 5 L.
Granular eyelids	12 D., 3 C., 10 D.
Gravel	12 D.
Graves' disease	5 D. to left up.

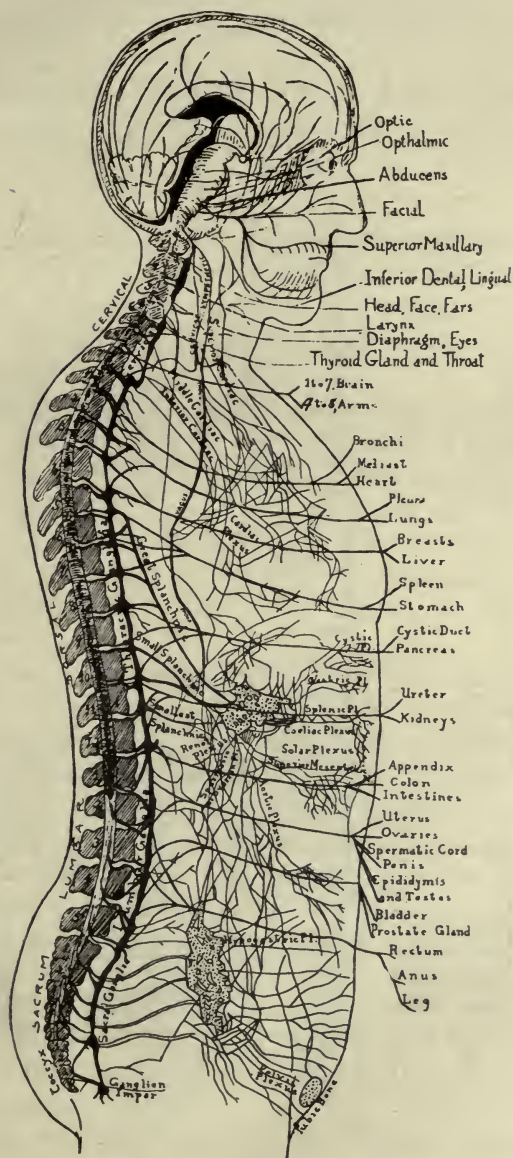
Green sickness	6 D.
Grip	6 D.
Gum boils	3 C.
Gums, bleeding	3 C. and 12 D.
Gums, ulcerated	12 D.
Haematuria	12 D. or 1 L.
Hallucination	1 C.
Hands, sweaty or clammy	4 and 12 D.
Hay asthma	4 C. and 4 D.
Hay fever	4 C. and 4 D.
Headache	1 or 3 C. and 5 or 12 D.
Heart burn	5 D. to rt. up.
Hemiparaplegia	1, 2, 3 or 4 L. to affected side and up.
Hemiplegia	6 D. from affected side and up.
Hemorrhoids	4, 5 L. or coccyx.
Hepatitis	4 D.
Herpes	6 D.
Hiccough	4 C.
Hives	6 D.
Hoarseness	5 D. to left up.
Hydrocele	12 D.
Hydrocephalus	1 C., 12 D.
Hyperosmia	4 D.
Hyperpyrexia, general	6 D.
Impotence	1 L.
Incontinence	2 L.
Indigestion	5 D. to rt. up.
Infantile paralysis	6 and 11, 12 D., 1 or 2 L.
Inflammation of bile duct	6 D.
Inflammation of bowels	7, 8, 9, 10, 11 or 12 D.
Inflammation of eyes	5 D. to left up.
Inflammation of kidneys	12 D.
Inflammation of liver	7 D. to rt.
Inflammation of uterus	4 L.
Influenza	6 D.
Ingrowing toe-nails	5 L.
Insanity	1, 2 or 3 C.
Insomnia	1 or 3 C. and 6 D.
Intermittent fever	6 D.
Intestinal hemorrhage	2 L.
Itch	6 D.
Jaundice	7 D.
La Grippe	6 D.

Laryngitis	5 D. to left up.
Lead poisoning	6 D.
Leucorrhea	2 L.
Leukemia	7 D. to rt. up.
Liver, diseases of	7 D.
Loss of memory	1 C.
Lung fever	2, 3 or 4 and 6 D.
Malaria	6 D.
Malaria fever	4 and 6 D.
Mammary glands	4 D.
Mania	1 C.
Mastitis	4 D.
Measles	4 D.
Menorrhagia	2 L.
Menstruation, painful	11, 12 D., 2 L. or coccyx.
Mental depression	1, 2 or 3 C.
Metritis	2 L.
Micturition	12 D. or 1 L.
Migraine	1, 2 or 3 C.
Milk, lack or excess of	4 D.
Milk leg	1, 2, 3 or 4 L.
Mollities ossium	6 D.
Morning sickness	5 D.
Morvan's disease	6 D.
Mouth, diseases of	5 D. to left up.
Mumps	5 D. to left up.
Myositis ossificans	6 D.
Nasal Catarrh	3 C.
Nephritis	12 D.
Nettle rash, general	6 D.
Obesity	12 D.
Ophthalmitis	6 D. to left.
Organic disease of heart	4 D.
Otorrhea	3 C.
Ovaritis	2 L.
Ozena	3 C.
Palpitation of heart	4 D.
Pancreas, diseases of	6 D.
Paralysis agitans	12 D.
Pareplegia	9, 10, 11, 12 D., 2 or 3 L.
Paronychia	4 D.
Pericarditis	7 C. or 4 D.
Peritonitis	8, 9, 10, 11 or 12 D.

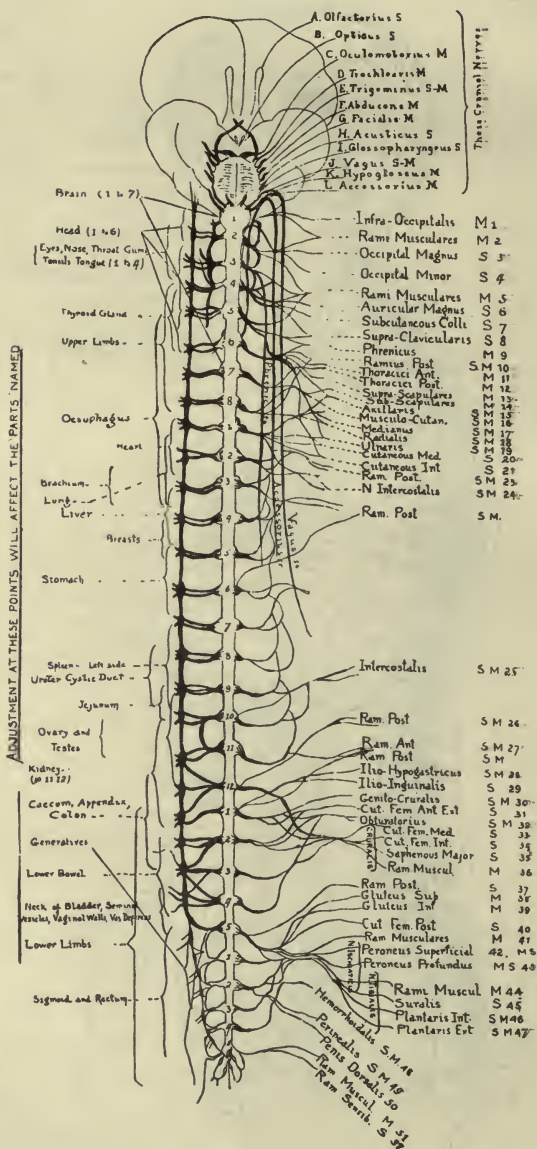
Pharyngitis	3 C.
Phrenitis	1 C., 6 D.
Phthisis	2, 3 or 4 D.
Piles	4 or 5 L. or coccyx.
Planter neuralgia	3, 4 or 5 L. or coccyx.
Pleura, diseases of	3 D.
Pleurisy	3 and 5 D.
Pneumonia	2, 3 or 4 and 6 D.
Polypi of ear	3 C.
Polypi of nose	4 C.
Polypi of rectum	4 L.
Polypi of uterus	3 L.
Priapism	5 L.
Proctitis	4 or 5 L. or coccyx.
Prolapsus uteri	4 L.
Prostatitis	3 L.
Prurigo	6 D.
Pruritis	6 D.
Pterygium	5 D. left up.
Ptomaine poison	5 D.
Puerperal fever	1, 2 or 3 L. and 6 D.
Pupil of eye, diseases of	4 C.
Pyemia	6 D., 10 D. or 8 D.
Pyorrhea alveolaris	3, 4 C. and 12 D.
Quinsy	5 C. and 5 or 7 D.
Relapsing fever	6 D.
Rheumatic arthritis	6 D.
Ringing in ears	1 C.
Rubeola	4 D.
Runaround, finger	4 D.
Sciatica	4 L.
Scrofula	6 D.
Scurvy	6 D.
Seborrhea	6 D.
Sexual Weakness	4 L.
Shingles	6 D.
Skin Diseases, general	6 and 10 D.
Sleeplessness	1 C., 6 D., 2 L. or coccyx.
Smallpox	5 C., 6 and 10 D.
Smell, loss of	3 C.
Splenitis	8 D.
Stomach, diseases of	5 D. to rt. up.
Stomatitis	5 D. to left up.
Strabismus	4 D.
Summer complaint	2 L.
Sunstroke	6 D.
Sweat, abnormal	12 D.
Syphilis, primary	10 D. and 2 L.

Tape worm	5 D. to rt.
Tarsalgia	5 L.
Teeth, diseases of	4 C.
Teething, feverish	4 C., 6 D.
Temperature, subnormal	6 D.
Tetter	6 D.
Throat, diseases of	5 D. to left up.
Thyroid gland	5 D. to left up.
Tic Douloureux	4 C.
Tinnitus	1 C.
Tonsillitis	5 C., 5 or 7 D.
Torticollis	3 C.
Trachoma and Trachyphona	3 C. and 10 D.
Trance	1 C.
Tuberculosis, primary	2, 3 or 4 D. and 6 D.
Typhoid fever	3 C., 6 and 11 D. or 2 L.
Typhus fever	1 and 3 C., 6 and 12 D.
Ulcerated sore throat	5 D. to left.
Uremia	6 D.
Uremic convulsions	1 C. and 12 D.
Urination, frequent	1 L.
Urine, too much or too scanty	12 D.
Uterus, diseases of	2 L.
Uterus, mal-position	2 L.
Uvulitis	3 C.
Vaccination fever	6 D.
Vaginitis	3 L.
Varicella	5 C., 6 and 12 D.
Varicocele	3 L.
Variola	5 C., 6 and 10 D.
Vertigo	1 C.
Vomiting	5 D.
Vulvitis	3 L.
Whites	2 L.
Whitlow, general	6 D.
Whitlow, fingers	4 D.
Whitlow, toes	4 L.
Whooping cough	4 D.
Womb, diseases of	2 L.
Worms	5 L.
Wry neck	3 C.

Note—A work especially designed for assistance to the student of Vertebral Adjusting—"Cooley's Vertebral Compend"—("Anatomy of the Vertebral Column, Brain and Nervous System"—"The Philosophy and Principles of Vertebral Adjusting") is now in course of preparation by the author of this treatise, and will be ready for distribution about June 1, 1915. The edition will be a limited one; those desiring a copy or information may obtain same by addressing Dr. A. P. Davis, 154 West Twenty-third street, Los Angeles, California.



NEUROPATHY ILLUSTRATED



PERORATION ON THE MIND THROUGH THE SYMPATHETIC NERVOUS SYSTEM

It is called "Sympathetic" because of its intimate relationship with every part of the body. It superintends and energizes all of the processes of growth, repair, tissue building, respiration, circulation, and elimination of the waste material from the tissues.

The MIND is that sleepless sentinel who stands at the gates of life as long as we live, though it be a hundred years or more; it never slumbers nor sleeps for a single moment, night nor day. Nothing short of lethal doses of narcotic or anesthetic drugs can wrap it round in slumber-robes or stretch it on its dreamy couch; this only because its tenement of clay is no longer fit for its temporary abode.

It is that body servant of ours who never deserts us nor quits our service night nor day, for a single moment; a friend that truly sticketh closer than a brother, watching every heart-throb and every breath we draw.

It is that butler of ours, who, without orders from us, looks after the nourishment of every bone, muscle, nerve and tissue of our body, and provides us with every well-spring of thought and emotion.

It is that deft artisan who sees to the oiling of every joint in our frame, and keeps it from cracking and rasping with friction and the loss of mobility; who lubricates all of the surface of our body, internal and external, so that it does not dry up and crack to pieces, nor drip with excessive unction.

It is that faithful servant, who, without murmuring or complaint, controls our breathing, superintends the pump-



Sympathetic Nerve Centers, to Obtain, from
Peripheral Influences.
The Salient Points of Impression.

ing of our blood through the long hours of the night, and through the busy hours of the day, when we have no time to think of breath or blood.

It is that janitor of the temple of our soul who keeps the fires in our bodily frame and maintains a temperature of $98\frac{1}{2}$ degrees throughout every department of the "house not made with hands," through the summer's heat or winter's cold, whether we live on Greenland's icy mountains, or dwell in Afric's sunny clime.

It is that cunning servitor who always superintends the opening and closing of the iridescent curtains of the eye so as to let in just so much light as to enable us, in the glare of noon, or the shadows of twilight, to see with pleasure all of the beauties of the world around us.

It is that faithful warden who stands at the gateway of our stomach and reports instantly to the brain, whether we, in our ignorance and stupidity, put into our mouth a delicious morsel or a corrosive poison.

It is that cunning mechanician who sees to it, always, that our blood, as it courses furiously through its channels, is composed of so many white and so many red corpuscles, and that each corpuscle contains so many atoms of lime, sulphur, phosphorus, carbon, hydrogen, oxygen and nitrogen, and all of the other sixty-five or more primal elements of our bodies, in exact proportions, and sees to it that, when each lays down its burden at the gateway of life, each atom thus carried into the economy of unerring selection, is built up into frame, muscle and tissue of our body, always renewing life in the midst of death throughout the term of our physical life.

And that same wise warden looks to it that every corpuscle or atom on its return journey, through other channels, is loaded with worn-out materials, to be carried out of the great temple of life, to again mingle with the clods of the valley.

The mind, through the great sympathetic nervous

system, is the invincible defender of the fortress, who, amid the havoc of shot and shell, of saber stroke and leaden ball, the shock of concussion, the delirium of typhoid, the wreck of insanity, still guards, protects and repairs the breached fortifications of life.

Through all the vicissitudes of life, the great sympathetic nerve is still our best earthly friend and benefactor. It is the great clock in the temple's tower that calls for every passing change of life, wound up to run a hundred years or more; and as it ticks the allotted time of life, it marks the age of speechless, puling infancy, when it can neither understand nor tell its own wants; it measures off our youth and strikes the hour of manhood; it calls us to the mystery and mating time of love; it rings the dinner bell each day of our earthly life, and calls the hour of sleep and rest; it changes the epoch of gray hairs and slower gait, of waning vision, of shrunken shanks and biceps; it sets our voice in piping tones to prating of the times that were, the deeds of former days, and youthful prowess, and when these deeds are told, we sigh, and say, "We are growing old."

And then, some day, when we are ripe and ready for the change, it will ring the curtain down and close our mortal gaze, and as one who quits a tenement long kept, and gives it over to worms and mold and dust, to cobwebs and bats and flies, its wheels will turn slowly round, and the hammer fails to strike; the hours will then be tolled, and this same friend will go out from long control to terminate a long career, lie down to sleep—that sleep that knows no waking.

Then swift decay will come and cover us with mold, and order us with dispatch to assimilate with the clods that heap the valley, and leave us there, with time, the elements and God.

Who can comprehend its greatness, its countless capabilities, the vastness of its service, or the infinitude of the mind that planned and constructed it?

THE PRACTICAL APPLICATION OF NEUROPATHY

The practice of Neuropathy is the exercise or art which embraces all that pertains to the knowledge, prevention and cure of those departures from normal to an abnormal condition, called disease.

Disease may be organic when there is structural change, or functional when there are no demonstrable lesions.

Pathology is the study of disease. It explains the origin and development, causes, nature, and clinical history of the various abnormal conditions that may disturb the economy. It may be general when it is concerned with the study of morbid conditions common to a group of conditions, or special when it is restricted to the study of individual diseases.

Pathogenesis is that sub-division of pathology which treats of the origin and development of morbid processes, or disease.

Etiology is that branch of general pathology which considers the causes of disease. These may be internal, external, ordinary, specific, primary, secondary, predisposing, and exciting.

The diagnosis of disease implies a complete, exact, and a comprehensive knowledge of the phenomena under consideration, as regards their origin, seat, extent, and nature.

Fever.

Fever is a condition in which the body temperature is above normal (normal, 98.2 F.), and which is attended by quickened circulation and respiration, marked tissue

change, causing proportionate wasting of the body and disordered secretions giving rise to loss of appetite, thirst, constipation, and scanty, high-colored urine of increased specific gravity. Rise of temperature is the most common feature of all fevers and can be accurately determined only by the use of the clinical thermometer placed in the mouth, axilla, rectum, or vagina. The mouth is usually selected by preference.

The temperature of the body in all fevers may be reduced by pressure on the vaso-motor nerve area from the base of the skull to the fourth cervical vertebra.

Spinal adjustment at the fifth to the seventh dorsal vertebra have a special influence in reducing fevers and may be used under all circumstances and in all conditions, and should be repeated at frequent intervals.

Fevers accompanying contagious diseases may be alike reduced; also the twelfth dorsal may be included in this treatment to secure elimination from the kidneys.

Intermittent fevers may be arrested by treating the seventh and eighth dorsal.

General Directions for All Pathological Conditions.

In every instance the attendant should see that the bowels are thoroughly cleansed by copious enemas of tepid water, using a colon tube or J. B. L. cascade. The skin should be thoroughly cleaned and put in best possible condition to eliminate the poisons from the system; if necessary to stimulate the kidneys, hot applications should be made to the lumbar regions.

Water, either hot or cold, as the case demands, should be freely used, internally and externally. Great care should be exercised to have a free circulation of pure air, without a direct draft. No solid food should ever be given a fever patient; cooling drink and fruit juices being the diet till the coating leaves the tongue.

Nothing of an exciting nature should ever be permitted in the sick room. Let the expression of the at-

tendants be hopeful and cheerful. Brightness and sunshine should be all about the sick. No harsh or discordant sound should be permitted at any time.

The bedding should be clean, pure, comfortable; the clothing necessary, likewise attractive to the patient.

These few suggestions should apply to all cases and need not be repeated each time a condition and its remedy is mentioned.

DISEASES ARE RECOGNIZED BY SYMPTOMS

Diagnosis and Treatment for Diseases, Neuropathically

ASTHMA.

Asthma is characterized by shortness of breath; difficulty of breathing; wheezing respirations; noisy, labored cough; flushed face and eyes; necessity of sitting up to breathe, etc.

Treatment.

The treatment consists of such means as shall specifically affect the nervous system, as it is especially a nervous affection. Concussion at the seventh cervical will relieve dyspnea—difficult breathing. The general treatment which expands the chest is the first thing to be done. Free the circulation of the head and neck; raise the arms; stretch the chest muscles, pressing the knee between the scapula, pulling the arms back strongly, lowering the knee each time the arms are pulled back. Adjust the spine from the first dorsal to the fifth dorsal vertebra. Use concussions at the fourth and fifth cervical for bronchial asthma. Dilate the Sphincter ani muscles once or twice a day, giving the other treatment and adjustments daily, or oftener. Use the high enema, removing colonic impaction frequently—daily at least. Avoid excessive eating. Take moderate exercise. Breathe deeply, frequently; bathe daily.

APOPLEXY.

Symptoms:—Small, weak pulse; face livid; fever; restlessness; great pain in the head; coldness of skin; giddiness; constipation. This may be followed by stertorous breathing, loss of speech, unconsciousness. There are many conditions which need attention to forestall an attack.

Treatment.

First, use the means recommended elsewhere to restore the circulation of the blood. The high enema should be used at once. Dilation of the Sphincter ani; the neck treatment; adjustment at the third, fifth and the twelfth dorsal vertebra. Concussion on the seventh cervical. The cording of the limbs, alternately, should not be overlooked, as it takes the blood from the brain, relieves the congestion.

ANASARCA.

Anasarca: General dropsy; pitting on pressure, shortness of breath; skin white and shiny, filled with fluid, which sometimes exudes. This is only a condition, not a disease. It is the result of some diseased condition of some vital organ—liver, kidney, heart, or spleen; cancer, etc.

Treatment.

The treatment which dispels the accumulation of the fluids is indicated. Repeated doses of such remedies as stimulate the action of the kidneys is the usual means to institute for immediate relief, such as Epsom salts, Cream of Tartar and Podophyllin, are the most effectual, temporary agents. The Epsom salts in tablespoonful doses, in hot water, every two hours until the bowels are moved freely, repeating the dose at longer intervals as are needed to keep up the action until the swelling has subsided.

The same effect may be produced by the use of one ounce of Cream of Tartar to six ounces of water, into which should be put four grains of Podophyllin thoroughly mixed, and given in tablespoonful doses every two to four hours, until the swelling subsides. Some cases may have to be tapped, to get rid of the swelling.

The treatment of the organ diseased should receive proper attention, or the swelling will likely return. Proper feeding is an important consideration, avoiding excesses of every character. The spinal treatment often cures without any other, and that should be given especially at the third, fifth, eighth and twelfth dorsal, and wherever indicated for the conditions causing the Dropsy. These adjustments should be made daily, until cured.

ANGINA PECTORIS.

Pain and oppression about the heart; difficulty of breathing; pain in chest; cold and clammy perspiration; quick pulse; lancinating pain in left arm and breast, increased on the slightest exertion; suffocation; anxiety. fear.

The Treatment.

Nearly all heart troubles are due to lack of chest capacity, or to impeded venous circulation of the blood, caused by bound-down clavicles, preventing the return blood to the heart through the jugular veins.

The indications are, to relieve the pressure, expand the chest walls, raise the clavicles, adjust the third dorsal vertebra, concuss the seventh cervical process, relieve the pressure caused by an impacted colon, remembering that any means which serves to take off the pressure serves the purpose admirably in this, as well as in all conditions called disease.

Concussion of the seventh cervical increases the tone, and the third and fourth diminishes the tone of the cir-

culatation, taking off the blood-pressure. See that the indications are met, and relief may be expected at once.

BOWEL—INFLAMMATION OF.

Characterized by tenderness, pain, quick pulse, vomiting, costiveness, thirst. This is an inflammation of the intestines, and the peritoneum covering the intestines, and is caused by some arrest of the venous circulation, or by traumatic influence, or locking of the bowel, called Intussusception.

The Treatment, which meets the indications, should be instituted. Flushing the colon with warm water should be thought of, and used without fail, in all cases of inflammation of the bowels, for this relieves the accumulated mass of impacted feces from the colon, and the conditions which caused the trouble are generally removed that way.

Hot fomentations—cloths wrung out of hot water—should be applied to the abdomen, kept warm and repeated at short intervals, until all pain subsides. Adjustment at the **second** and **third** lumbar should be made. If there is fever, the vaso-motor area should be inhibited, and adjustment at the sixth and seventh dorsal vertebra made, occasionally, during the inflammation.

Keep the patient quiet, in bed, until the inflammation subsides. Be careful about the diet; not to over-feed, or use indigestible food, but let patient use water externally and internally, freely, leaving off eating until all pain and soreness subsides, and the tongue cleans off.

BRONCHITIS.

Bronchitis, an inflammation of the bronchial tubes—the air-passages to the lungs; characterized by shortness of breath, cough, fever, tongue coated—white, usually, sometimes brown—vomiting; skin hot and dry; pulse full. There is usually an expectoration, small in quantity at

first, sometimes a little blood mixed with the expectoration, and later mucous and pus.

There is, in the advanced stages, an increase of quantity, streaked with blood, and having a salty taste. Auscultation reveals sounds according to the stage, and the condition, dry, sonorous and sibilant rales on both sides of the chest, and harsh breath sounds; in the latter stage when the expectoration is profuse, bubbling rales are heard.

Treatment.

The conditions found should govern the course to pursue in the treatment. The age and surroundings should be considered. The treatment should be instituted which restores the circulation of the fluids of the entire body. The treatment of the neck and throat demand first attention, so as to relieve the congestion of venous blood.

Thorough manipulation, so as to relax the muscles, taking the pressure from the jugular veins, the stretching and expansion of the muscles of the chest, so that the venous blood in the chest muscles may be returned to the Vena Azigos, to the heart and lungs to be oxygenated, as well as to relieve the pressure, so the chest can be expanded.

Hot applications of ~~Epsom~~ salts should be applied to the upper part of the chest, and repeated during the acute, inflammatory stage of disease of the bronchial tubes.

Adjustments of the spine at the third and fourth dorsal vertebra should be made at frequent intervals—say every twelve hours, or oftener—and the fifth and twelfth dorsal should be attended to as well. Deep, full breathing should be practiced as much as possible, with chest expansion, and sitting up in erect position; care exercised in regard to diet, bathing and exercise.

BLADDER—INFLAMMATION OF.

Symptoms:—Pain in the back and at the lower part of the abdomen, with desire to void the urine; nausea, anxiety; cold perspiration; burning in the urethra.

Treatment.

Adjustment of the third to the fifth lumbar, hot applications of Epsom salts—one ounce to a quart of water—applied frequently, kept hot, until all pain subsides. The sitz bath is also advisable in severe cases, and the high enema to free the colon, and remove undue pressure on the bladder.

BRIGHT'S DISEASE.

Symptoms:—Swelling of different parts of the body; puffiness of lower eyelids; tenderness of the small of the back; high colored urine; dry skin; quick pulse.

There are many complications which accompany this affection, such as pericarditis, pleurisy, pneumonia, peritonitis, and uremia. These are the principal complications.

Treatment.

The colonic irrigation should be used in this disease once a day, with a tablespoonful of Epsom salts to a gallon of as warm water as the patient can well bear. This relieves the local pressure. The sitz bath is a source of great relief at night, before retiring. The patient should be as quiet as possible, remaining in bed much of the time.

Adjustments at the ninth, eleventh and twelfth dorsal vertebra should be made at intervals of 12 to 24 hours. Concussion at the sixth, seventh and tenth dorsal are indicated for interstitial nephritis, and to reduce the blood pressure, especially at the tenth dorsal, daily.

The diet should be nutritious, well masticated, and all stimulants avoided. The general treatment to restore, and maintain, a free circulation of the blood should be applied daily, but no treatment should be painful or annoying.

Adjustments at the fifth to the seventh dorsal, to keep the forces united, should be done every day, with the other treatment, as above stated.

In all kidney affections, a tea made of the common garden beet, boiled down to a syrup, almost, should be drunk in wineglassful doses three times a day. Some cases are benefited by drinking strong green tea instead of water.

Any disease which affects the organs of elimination requires special attention and consideration. The nervous system ending in such organs must be kept free from pressure, and the circulation of the fluids unimpeded.

The proper nutrition to supply the waste must be supplied by proper food. Concussions at the twelfth dorsal, as well as at the tenth, daily, are to be made; these concussions cause dilation of the parenchyma, hence indicated in Bright's disease.

CAUTERIZATION—ELECTRO.

It has been discovered that the vital forces are situated in the Medulla Oblongata, and that an influence emanates therefrom which controls the vital functions of the body.

Practical experimentations have been made in the way of touching certain terminal nerve fibres, in certain localities, with slight pressure with the point of a small, blunt instrument, or with an electro-cautery, slightly cauterizing the part—a particular part; the influence would be conveyed to the medulla, and that certain effects would be expressed in other localities in the body.

These particular effects would be manifested in different parts of the body according to the particular locality the pressure or the cauterization was made.

Diseases of various and sundry kinds, and in all stages, have been cured through this means, and anesthesia has been made so profound that major surgical operations have been performed without there being the slightest sensation felt on the part of the patient. Teeth have been extracted without there being any sensation of pain. Diseases of the most malignant form have yielded to this kind of treatment.

It is believed that the nerve influences which are the nearest to the special locality in the medulla, are to be selected because of the more direct communication with that center, and yet, points in the most remote parts of the body are also utilized in the same way, each group of nerves having control of certain functions, and have their influence in controlling special conditions in health as well as in disease.

The nasal mucous membrane, the mouth, larynx and the pharynx, seem to be the localities which have been utilized thus far, specially.

The idea originated in the Orient, first among the Chinese, and a French physician, Dr. Pierre Bonnier, has treated thousands of cases during the last several years, successfully; among the diseases treated are asthma, hay fever, bronchitis, skin diseases, neurasthenia, and every kind known to affect mankind, with the most satisfactory results, in a very large per centum, resulting in absolute cures.

Demonstrations have been made of the efficacy of pressure upon certain localities in the nares, mouth and pharynx, and on the tongue, by one Dr. FitzGerald, of Hartford, Connecticut, showing that an influence through this means is effectual to a very satisfactory degree, in ever so many conditions known to be incurable by other means, and an influence exerted which is very significant, to say the least of it.

COLIC.

A griping pain in the stomach, especially in the neighborhood of the navel, sometimes with vomiting and constipation; the pain increasing at intervals; usually the pain ceases temporarily on bending forward or over the back of a chair, or pressing hard against the stomach.

The Treatment.

Take hold of the wrist of the patient, and place the other hand on the back in the region of the seventh dorsal vertebra, fingers cupped a little, and placed at the sides of the vertebra next you; now raise the arm of the patient, push it strongly backward, and at the same time pull with the hand that is placed on the back, firmly, steadily for a moment. This usually relieves the pain at once. It scarcely ever has to be repeated.

ANOTHER WAY—Place patient on a treating table, face downward, make an adjustment at the fifth and seventh dorsal vertebra, and the pain is at once relieved. This is all that is necessary for colic, uncomplicated.

It unites the Splanchnic nervous system with the Solar Plexus, neutralizes the excess of acid in the stomach, and stops the irritation.

COLIC—PAINTERS.

Characterized by a diarrhea; violent pain at the navel; bowels hot and tender to pressure; a blue line on the gums. This disease is due to too much lead used in paint, with turpentine, inhaled in such quantities as to produce what is known as lead, or painter's colic.

The Treatment for Immediate Relief.

Put alum, pulverized, about a teaspoonful in a glass of water, and let it dissolve, by being well stirred with a spoon; then give the patient a teaspoonful in a little more

water, every half to one hour. This cures by antidoting the lead. I do not know if an adjustment at the seventh would do any good or not. Do not be afraid to use the alum, for this is the only remedy known.

CARBUNCLE.

It is a diseased condition of the adipose tissue, generally on the back, and back of the neck, characterized by excessive hardness, much harder than a common boil, with purple colored skin, deep-seated, involving the skin and subcutaneous connective tissue, terminating in a slough, and the subsequent production of a permanent cicatrix. It usually occurs in middle-aged people, and men are more subject to it than women.

This being a breaking down of the connective tissue, a connective tissue element is indicated. That is silicia, internally.

Locally, the saturated solution of carbolic acid sometimes aborts it. It may be injected, combined with glycerine, directly into the tumor, or it may be put on, or in the cavity with a swab of cotton, being careful to have the swab not too full of the acid, just enough to moisten the inside of the sore, and protect the skin, outside of the carbuncle, with greased pieces of cloth, vaseline being most suitable. One application a day will be sufficient; then use some of the vaseline in the sore, placed on absorbent cotton. Give the silicia in four grain doses every four hours, in the sixth potency, letting the patient live on wholesome food, well masticated, and in moderate quantities, bathing the body all over daily with Epsom salts. Attend to the colonic irrigation in cases where it is necessary. Adjustments at the seventh and twelfth dorsal may be given daily, and attention to the circulation of the fluids of the body is essential in every case.

CONGESTIVE CHILLS—PERNICIOUS MALARIAL FEVER.

Chill, followed by fever; high pulse; constipation; scanty urine; burning in the stomach. There are several types—the gastro-enteric type; thoracic; cerebral; hemorrhagic; the algid type. The temperature may run as high as 104 to 107°. The above types exist usually more or less combined. The mortality is about 13 per cent.

A marked symptom is the coldness felt during the high fever, and the blueness of the surface, characteristic of a high degree of venous congestion. This disease is a product of long exposure to malaria, cool nights, and bad water—the filling of the entire system with malaria, causing torpid liver, constipation and toxic, retained poison.

The Treatment.

The high enema is the indicated remedy for the congested colon and liver. The treatment at the vaso-motor area for the fever, as well as adjustment at the sixth dorsal spine. General treatment to arouse the circulation.

Heat applied during the chill, and the warm Epsom salts bath should be used; hot applications to whole length of the spine. Repeated adjustments between the sixth and eighth dorsal, for the liver, and to break up the chill's periodicity; proper nourishment administered that will not irritate the digestive tract, in the form of soups.

The Epsom salts is the best internal remedy to neutralize the poison, and to regulate the action of the liver and the kidneys, and should be given at short intervals until a free discharge is produced.

The treatment for ordinary chills at the seventh and eighth dorsal, applies as well in this fever; treatment daily, or oftener, may be necessary.

CHICKEN POX.

Characterized by an eruption of irregular vesicles; itching more or less, appearing first on the neck and breast, then on legs and arms; headache and slight fever. There is usually a thin, transparent serum in the vesicles. It resembles small pox in that the vesicles feel like shot under the skin before they are fully developed, or emerge from the deeper tissue.

The Treatment.

The treatment is simply that of cleanliness; bathing the body frequently with Epsom salts water the usual strength; unite the forces at the fifth dorsal once or twice a day; give half a teaspoonful of the sulphate of magnesia (Epsom salts) once or twice a day; clean out the colon with the high enema; live on light diet; do not overload the stomach, and the trouble will be over in a short time. It is said to be a self-limited disease, but the foregoing will modify and shorten it materially.

Keep the skin, kidneys and bowels free at all times. Avoid excesses.

CANCER.

Cancer is characterized by a burning, lancinating pain. It is the result of impeded venous circulation in a part, which forms a **nidus** for its start, and may be quiescent for years, simply a small lump under the skin, in the tissue, and eventually, in most cases, culminates into a sore, with ragged edges, discharging an ichorous, thin, serous, clear fluid, with extremely offensive odor.

It usually attacks the face, nose, the female breast, the stomach, liver; but may attack any part of the body from the same cause, or it may be the result of paralysis of terminal nerve filaments, due to nicotine poison, as from the long use of tobacco, smoking being the usual

cause; in which case the mucous membranes are the most susceptible.

The Treatment.

The treatment for this most dreaded of all diseases, has been legion, from the use of arsenical paste, through all of the most painful remedies the imagination of man could devise. The knife has done its share to subdue this dreaded, fatal disease. Many specialists have been more or less successful in their treatment of cancer. The knife has done good service in many cases. But what is the rational treatment for this affection—this malignant tumor? Those who are afflicted with this disease are so anxious to obtain relief from the pain accompanying this disease, they are willing to try any means which even promises relief.

We are not willing to suggest any of the local applications which "eat out" the tumor, used by specialists who make this their business, nor anything we have used along this line, but submit the Neuropathic course to pursue. First of all, be sure you have cancer to deal with. Its locality is a matter of especial importance, whether superficial or deep; whether it affects the muscular tissue, the glandular, or the lymphatics. If the stomach, the liver, the uterus, the anus, the tongue, or any internal organ, it becomes a matter of how to reach it.

It will be understood that, in all cases of cancer, of whatever kind, or in whatever stage, there is a condition of toxemia throughout the entire body. This must be gotten rid of before the tumor, or cancer, will disperse.

In the larger number of cases, we would recommend FASTING, for twenty to forty days; high enemas daily; bathing in Epsom salts water, of the strength of one ounce to a quart of water daily. Apply constantly to the sore this solution, and bathe the whole body daily in Epsom salts water—two pounds to ten gallons of water.

After the fast, a return to plain, simple diet, leaving out the starchy victuals, pastries, sweets and fats.

The general treatment recommended to keep up a normal circulation is an essential in this, as in all cases of illness, this especially. The spinal adjustments to unite the forces, at the fifth, as well as the seventh and eighth and twelfth dorsal, should be given daily. In addition to the above treatment, if the liver or the uterus or anus are involved, the tenth, eleventh and twelfth dorsal should have attention, and the third to the fifth lumbar will need adjustments.

The diet should have special attention, and moderation should be observed, as to quantity, and combination, and time of eating, being careful to give the nerves which have to do in the digestive process, time to perform their allotted function. Keep the bowels regular, and see that the proper exercise be taken, and freedom from care and anxiety be avoided.

Much more might be said, but the conditions will be suggestive of what ought to be done in given cases. Always keep the parts diseased well bathed with the solution of Epsom salts, and where the tumor is external, and get-at-able, the application of purified liquid paraffin will be found soothing as well as curative. It is a useful means of cleanliness.

The following preparation will be admirable as a disinfectant and deodorizer: One-half ounce of carbolic acid to three and a half ounces of glycerine, mix thoroughly together; a teaspoonful stirred into a pint of hot water, and this applied by means of cloths wrung out of it, to the sore, or as a wash, as often as desirable. An ounce of Epsom salts should be added to the pint of water with the glycerine preparation. Only ONE teaspoonful to a pint of water. The glycerine renders the carbolic acid soluble in water.

CORNS—BUNIONS—CALOSITIES.

Corns are degenerated tissue, rendered so by undue, persistent or spasmodic pressure, with friction, causing hardness on the spot thus bruised, and it becomes excessively painful, causing lameness, soreness and in some cases suppuration. Some cases, where constant pressure is kept up, there will be bunions, and even dislocation of the joints of the toes, especially the great toe, or any of the toes, for that matter. This is often found where tight shoes have been worn, cramping the foot and toes, jamming them against the ends and sides of the shoes, until they are distorted, and all out of shape. The thing to do to cure them is, TAKE OFF THE PRESSURE.

The Proper Treatment.

For Bunions—Set, or reduce the luxation, and wear loose shoes, which do not press against the toe, so the muscles involved will become normally relaxed.

For the corns, the simplest of all things to do is to take off the pressure. This is done by wrapping loose-twisted twine, loosely around the toe, either in **front or back of the corn**, until a small ridge is formed with the twine, then put on the hose, and the shoe, and comfort will be restored at once. The corn will get well by this procedure, kept up from day to day, in a short time; then wear shoes which do not press the feet.

The corns may be peeled off, if desired, and scraped out from between the toes; but the pressure must be kept off to cure them. The above method costs you nothing, and you are not bothered with "corn plasters" nor salves, etc. This is another example of cure by "taking off the pressure." Try it.

COUGH.

Cough is only an expression of the irritation of terminal nerve fibres. It is a symptom of irritation somewhere

in the trachea or the fauces, or the uvula. Inflammation of the larynx, pharynx or bronchii cause coughing.

The Treatment.

The means to apply should have reference to the cause, which is due to an arrest of the venous circulation in its return through the capillaries to the veins, and this produces congestion, causing irritation of terminal nerve filaments, which produces the expression denominated a cough.

In order to arrest the cough, the irritation must be removed, whatever that may be. If it be croup, bronchitis, pharyngitis, laryngitis, or any sort of irritation of the air passages, relieve that condition, and the cough will be cured. The restoration of the normal circulation of the fluids will remove the irritability, the nerve-terminals will be free, and cough ceases.

CROUP—CATARRHAL.

This is an inflammation of the mucous membrane of the larynx, associated with temporary spasmodic contraction of the glottis, characterized by paroxysmal coughing, difficulty of breathing, and attacks of threatened suffocation.

This is usually a disease of early childhood, caused by errors in diet, excess in eating and drinking, excitement, and violent emotion. The atmospheric changes are supposed to be the prime cause of spurious, as well as the true membranous croup. When the child is properly fed, there is no cause for croup. An overloaded stomach, and then an exposure to cold, the venous circulation is arrested, the throat becomes congested, the nervous system becomes involved, the arterial blood continues to flow into the capillaries; congestion ensues, and the exudate follows—hence croup.

Treatment.

The indications are to relieve the congestion by restoring the circulation. The first thing to do is to raise the clavicles, then manipulate the neck muscles so as to relax them thoroughly so the veins can empty themselves, and the conditions are changed from an abnormal to a normal state, and the croup subsides. Cold compresses are a source of relief, and should be used if the manipulations cannot be applied.

Treatment as above stated—the neck muscles, and raising the clavicles, and slight pressure on the upper, back part of the neck, in vaso-motor area—is to be made, to regulate the arterial circulation. The usual neck treatment should be repeated if necessary, until a cure is effected.

The Homoeopathic sheet-anchor remedy is aconite, second potency. Aconite is a stimulant, and affects the circulation, acting upon the muscular coats of the arteries, taking the pressure off of the terminal nerve fibres, and the irritation ceases, hence cures spurious croup.

It is prepared by pouring some of the tincture of the second dilution over some sugar of milk pellets, No. 30, and these are given to the child, six at a dose, every fifteen minutes, until relief is obtained. The relief comes in a few minutes, generally. For the cough which may come the next day, the pellets are given every two or three hours.

The Neuropathic treatment relieves the congestion so effectually that there is no cough the next day, hence is preferable to any other treatment. Persistence in this course of treatment prevents the case from going into the true form of croup. If, however, the case has the true croup when called, the same treatment should be instituted, but repeated often, keeping the circulation of the blood and the lymphatic secretions free. This prevents the formation of the membrane in the throat, and if al-

ready formed, or forming, the manipulations will loosen it, and it may be removed with the thumb and finger, when it is found to be loosened. Judgment should be used in such cases.

The directions for manipulating the neck are given elsewhere in this book, which see, and always be sure that they are so manipulated as to relax them. The adjustments should be made at the third cervical and the third and fourth dorsal vertebra, and at the twelfth to keep the kidneys active. The whole body should be bathed frequently in Epsom salts water, to keep the pores open, the lungs should be expanded often, the chest muscles relaxed—stretched.

CONSUMPTION.

See elsewhere in this book. Treatment given at length.

CATALEPSY.

Characterized by complete loss of consciousness; muscles rigid, and remain in any position placed; a sudden suspension of the action of the senses and of volition. It occurs in hysteria, various psychosis, hypnotic states, and organic brain disease.

The Treatment.

The indications are plain; the restoration of the circulation is the first thing that should receive attention. Divulsion of the sphincter ani muscles is the best means of flushing the capillaries, and will generally be sufficient. Adjustment of the upper dorsals from the first to the fifth to arouse the action of the heart and lungs, and to restore the circulation of the venous blood, and then use concussion of the seventh cervical spinous process.

CATARRH.

Catarrh is ushered in by a sensation of stuffiness in the nostrils; frequent desire to use the handkerchief; a thin, watery secretion; sneezing; cough; fever; fullness of the nasal organs; difficulty of breathing through the nostrils; watery secretion from the eyes, with redness, swelling, with dull headache in the frontal sinuses; soreness of the throat; tongue somewhat swollen; uvula congested and elongated; a dull, drowsy sensation; sleepy, dull, indifferent.

The Treatment.

The treatment should be to restore the venous circulation through the veins of the head and neck. The manipulation of the neck muscles is essential; raise the clavicles from the jugular; expand the chest muscles; place the knee between the shoulders at the back, high up between the scapulae, pull back the arms strongly, letting them slacken, stretch the muscles a few times, asking the patient to take deep inhalations while the arms are being pulled backward, with knee between the scapulae.

Use the following: Put a tablespoonful of common table salt into a pint of water, pour a little of this into the hand, snuff it up the nostrils, doing this several times at one sitting and use force strong enough to draw the salt water back through the nostrils into the throat, cleansing the mucous membrane thus, two or three times a day.

The freedom of the circulation of the venous blood is the main thing to look after, and see that it is done. Abstain from food for a day or two, drinking freely of hot water; bathe the feet in warm salt and water before retiring; practice deep inhalations frequently during the day, expanding the lungs freely each breath.

CHOLERA INFANTUM.

(Summer Complaint of Children.)

Symptoms—Bowels relaxed; frequent, loose, watery stools; pain, tenderness, feverishness and thirst; head hot; skin shrunken, wan; weak, fretful, emaciated.

Treatment.

The cause is usually too frequent feeding, and too much food at meals. Lack of the proper elements in the food; wrong combinations.

See elsewhere as to the diet needed, and see to it that the diet is furnished that is needed, and a sufficient amount of water given; avoiding worry, and sweets, and too frequent feeding.

Adjustments at the fifth and seventh dorsal vertebra daily, or at longer intervals, and the lumbar area should be treated as follows: Nurse, or mother, to take hold of the child with one hand at the back of the neck and with the other hold of both feet, then place the child over the knee, above the knee, letting the small of its back rest on the knee, bearing most of its weight, steadying it with the hands for a moment; raise it up level a moment, then let it down again a time or two in this way, and it usually arrests the diarrhea, or the discharge from the bowels. Holding the limbs—lower—by one hand, and pressing on the small of the back, beginning at the lower—fifth lumbar—vertebra while raising the limbs, then let feet down, put thumb and finger a little higher up, doing this several times, pressing on the spine as each lifting of the feet is done. This treatment may be repeated every few hours, until patient is cured.

CHOLERA.

Characterized by violent vomiting and purging of a peculiar rice-water like fluid, severe muscular cramps, and

a condition of prostration followed by collapse and death; or if reaction from collapse, subsequent development of a typhoid state. Fear is the cause, in a very large per cent of cases. Bad water, excessive eating of indigestible food, sudden arrest of the circulation, cold, damp atmosphere, sudden check of perspiration from drinking too much cold water, sudden changes in temperature. The alimentary canal seems to be especially affected.

The Treatment.

Any means which will warm the patient is the first thing indicated. Means to restore the normal circulation should be applied. The general treatment given elsewhere for this purpose should be used. Treating the lumbar area from the sacrum upward, strongly, to arrest the discharges is an essential thing to do. The tincture of camphor, in five-drop doses every few moments, is perhaps the best internal stimulant to warm up the intestinal canal. Hot milk is admissible. It is a case of life or death, and immediate, persistent work is required until a change takes place. Repeated manipulations to restore normal circulation are needed at frequent intervals.

COCCYGEAL DEFORMITIES.

The coccyx may be turned in any direction from a normal position, and the deviation cause much pain as well as be the source of many ailments. At the end, on the inner side of the normal curve, is imbedded the ganglion of **Impar**, the end of the great trunk line of the Sympathetic nerve of the spine, and through its filaments controls much of the surrounding tissue, especially the lower outlets of the body. Undue pressure, irritation, causes diseased conditions where the filaments end. Hence piles, rectal troubles, prostatic enlargement, urethral and bladder troubles, and general nervous prostration, and disturbance of the circulation of the fluids of the body.

The Treatment.

There is but one way to treat this condition, and that is, straighten the coccyx. The proper method to pursue is to let the patient lie on the stomach on a table; anoint the forefinger with vaseline, introduce it into the rectum, passing the finger beyond the internal sphincter ani muscle, placing the end of the finger against the part of the coccyx which is deviated, and the thumb of the other hand outside, opposite, and proceed to adjust the displacement.

It should be pulled to a normal position, and at the same time stretch the sphincter muscles. This procedure may have to be repeated a number of times to insure its staying in place, and sometimes cases will have to be treated daily to insure success.

Much depends upon this treatment, for the spinal muscles can be relaxed by the straightening of the coccyx better than by any other treatment; the flushing of the capillaries is accomplished through this treatment.

Hemorrhoids are curable through this treatment. Uterine hemorrhage is also arrested by straightening the coccyx. Some cases of sciatica are immediately arrested through this means, especially when the pyriformis muscle is rigid, and the sphincter muscles are unduly contracted. The bivalve is effectual when only the sphincters are involved, and yet the muscles may be contracted because of the coccygeal displacement irritating the ganglion of Impar, in which case the pressure must be released. It should be remembered that the pressure on a ganglion involves many nerve filaments, and the tissue in which the filaments end; hence such localities become matters of special importance.

Many troubles higher up, along the spine, will not respond to the usual treatment until the coccygeal trouble is corrected, because there is such intimate relationship of the entire spine with all, or any other part of it. The rule is, correct whatever is wrong in every part of the spine, and

make it the rule to correct errors whenever found, any and everywhere.

In adjusting the coccyx, always adjust the lower joint first, and then the second one, and then the third one, for, by doing so, there will be less pain. The adjustment will have to be repeated until it remains in place, then the difficulty caused by the displacement will have been cured.

DIARRHEA.

Characterized by a relaxed condition of the bowels; griping pains in the stomach, sometimes twisting; coated tongue; fever; headache; tenderness of the stomach and bowels, with frequent discharges of watery stools. When accompanied with vomiting and painful, griping pains, it is called cholera morbus.

Treatment.

The treatment which cures is the following: Strong pressure with the thumb and the forefinger of one hand against the lower lumbar vertebra—lamina—antagonized by strong pulling of one or both limbs, upwards, or if lying in bed, one ankle may be taken hold of and pulled strongly backward while the thumb and fingers are being pressed hard against the sides of the spines, in the lower lumbar area; beginning at the sacrum, and press on the sides of the fifth lumbar, then the fourth, then the third, second and first, letting the foot be returned to its normal position at the end of each pressure, being particular to hold the pressure, each move, for a few seconds, so as to make firm pressure each time the limb is pulled back. This cures. It may have to be repeated a time or two, in very bad cases.

DYSENTERY (BLOODY FLUX).

Characterized by mucous discharges from the bowels, mixed with blood; accompanied with severe griping pains,



tenesmus or straining, swelling and tenderness; protrusion of the mucous membrane of the bowel; inflammation of the peritoneum, with pains in the loins; constipation and great exhaustion.

The Treatment.

The first thing in order is to use the colon tube, and secure a thorough cleaning out of the colon, using water as warm as can be borne, with a tablespoonful of Epsom salts in a gallon of water. Repeat this if necessary. Next—Dilate the rectum as fully as the patient can bear, using, immediately after the dilation, an injection of very warm water. Let the patient lie down, and if the bowels are painful, that is, if the abdomen is painful, apply cloths wrung from hot water and apply until all pain subsides. Give nothing to eat but milk, thickened with wheat flour, cooked well done. Adjustment at the fifth dorsal, twelfth dorsal and third lumbar, every six hours. Frequent hot water injections are soothing, and curative. Use them.

DIPHTHERIA.

Diphtheria is usually ushered in by a chill, followed by swelling of the throat and tonsils; headache; fever; pulse high; hoarseness; dry skin. In the malignant form, the chill is followed by a thick, ashy color of the throat; vomiting; diarrhoea; great prostration; spasmodic cough; dry mouth; aching limbs; and characterized by the formation of pseudo-membrane upon any mucous surface or the skin, and by constitutional symptoms, with degenerative changes in the heart, kidneys, liver and nervous system.

The false membrane is most commonly seen in the mucous membrane of the upper air passages, the secretions of which convey the disease to other individuals. Incubation period, one to four days. It may be followed by paralysis, in two to four weeks, of the extremities, larynx, pharynx or the eye muscles, or by death, usually occurring at

the height of the local disease, and is due to the general intoxication, heart failure from exhaustion, or some complication, as extension of the disease to the larynx, broncho-pneumonia, septicemia or nephritis. The extreme, sudden exhaustion is a marked characteristic, and under the medical treatment, the mortality is large.

The Rational Treatment.

The diet should be milk almost exclusively, being careful not to crowd the stomach with any kind of food.

Exhaustion is due to the toxic poison in the system, and this is due to the chemical changes in the blood, caused by impediment or sluggish circulation, hence the first thing to do is to restore the circulation, and thus oxygenate the blood. The best thing to neutralize the toxin is Epsom salts. Make a solution of carbolic acid and glycerine, put this in the solution of one ounce of Epsom salts to a pint of water; use as a gargle every half hour or oftener. There is too much alkalinity in the blood. A gargle made of sulphuric acid—just enough to taste a little sour—use as a gargle, by the use of a swab made of absorbent cotton; wet the cotton in the solution, and swab the throat occasionally. This is an excellent means of neutralizing the alkalinity in the blood.

Use the solution of the Epsom salts, sugar and water preparation mentioned elsewhere in this book as a constitutional antitoxin, in half teaspoonful doses every hour or so, lessening the quantity if the bowels move too freely.

The manipulations should receive special attention, especially those of the neck, freeing the circulation of the head and throat being an essential. Stretch the chest muscles so the lungs will have room to expand. Bathe the body, or sponge it frequently with the Epsom salts solution (one ounce to a quart of water). The spinal adjustment at the fifth dorsal to unite the forces and to neutralize the excesses is never to be neglected. Adjust-

ments of the cervical vertebrae from the second to the fifth, and at the twelfth dorsal to stimulate the kidneys, is essential in all cases.

Concussion at the third and eighth dorsal should be made to alleviate the neurasthenic condition, at the seventh cervical for the heart stimulation. Pressure with the fingers on the vaso-motor area for the high fever, concussion at the sixth, ninth and twelfth dorsal for the paralytic condition, if it ensues, but at the twelfth for the stimulation of the kidneys.

Hygienic conditions must be rigidly attended to, keeping the patient clean, supplied with an abundance of fresh, pure air at all times, free action of the skin, bowels and kidneys. The above directions followed strictly, persistently and intelligently, will be followed with the results desired—a cure. Note: The free use of lemon juice, letting the patient take freely, and often, in small quantities, at a time. This, of itself, is said to be a specific. For the restlessness, a cloth wrung out of the Epsom salts water and placed on the bowels, covered with a dry cloth, will be soothing to the patient; leave it there for several hours. Leave off all starchy foods.

For Scarlet Fever, and all malignant throat affections, the above treatment will suffice, changing and modifying as conditions and circumstances demand, to meet the necessities of each individual case.

The Scarlet Fever is characterized by a scarlet eruption, appearing on the second day, with sore throat, fever, headache, nausea, vomiting, chills, or shivering, with rash appearing within forty-eight hours. We would emphasize the use of the Epsom salts as a wash, to be used frequently.

The neck manipulations, with frequency, is an essential to restore the normal blood circulation; the venous circulation is the essential thing to restore—above all things else, that is to be done.

DIABETES.

A kidney affection, characterized by loss of flesh; excessive urination; tongue glazed and furrowed; mouth clammy; diarrhea; failure of sexual and mental powers.

There are two varieties: the **Diabetes Insipidus**, characterized by an excess of the urinary secretion, and **Diabetes Mellitus**, a constitutional disease, characterized by an excess of secretion of urine highly charged with sugar. The causes are prolonged worry, unrestricted eating and drinking. These are etiologic factors of great importance, in both varieties.

The Treatment.

The diet being a prominent factor in its production, it is no less so in the cure. The diet should consist of fresh vegetables, nuts, fruits, and salads, figs, eggs, some lean meat, and a reasonable quantity of fats, such as olive oil, butter and cream.

The fruits should contain acids, or be acid. If the case is emaciated, use the more nourishing foods, such as bananas and prunes, with a liberal diet of sour milk, avoiding the sweets, condiments, pastries and starchy foods. Avoid fear, anxiety, and all excesses. The constitutional condition manifests itself in the retina, by small, white, shiny specks near the macula, and are discernible with the ophthalmoscope.

The Treatment—Mechanically.

See to it that the circulation of the blood is restored and maintained by the Neuropathic manipulations indicated, in part, or generally, as the case demands; adjustments at the fifth and down to and including the twelfth dorsal vertebra, and the first and second cervical vertebra, to reach the medulla. **Concussions** at the sixth, seventh and twelfth dorsal vertebra, are especially indicated. The colonic irrigation should be administered daily, to keep

off the undue pressure from the digestive tract, and from other internal structures. The alimentary tract should always receive special attention, in all chronic, diseased conditions of whatever name or nature.

EPILEPSY.

Epilepsy is a disease characterized by a periodic unconsciousness, and by muscular convulsions, either of which may be absent in exceptional cases. According to the severity of the condition it is called **petit mal** or **grand mal**. The convulsions may be tonic or clonic, or may alternate. Some cases may be traced to traumatism, some physical injury of the brain, but the majority of cases have their origin in blood pressure, due to strains, or overeating at short intervals, and wrong combinations of foods, or indigestible substances; mal-nutrition and intense anger, or shock.

The spasm generally begins at the free end of one extremity, and then rapidly involves all of the muscles of the body. The epileptic cry, or groan, is heard, and the patient falls unconscious. The spasm is first tonic in character, and gives way to a fine, general tremor, which is followed by a clonic condition; coma then ensues. There is, at first, pallor of the face, which is quickly followed by congestion and cyanosis; frothing at the mouth and nose, vomiting; relaxation of the sphincters may occur.

Various mental disturbances, automatism, mania, delirium, or persistent coma may follow one or more seizures. It is said that only 2 per cent recover.

The Treatment.

The indications are plainly presented, when the cause is considered. The diet must be regulated to begin with. Regularity in meals, as well as quantity, kind, frequency, and combination. All kinds of excitement must be avoided; bad habits abandoned; intense thought avoided; effects of traumatism corrected, surgically, if necessary.

Plain, simple food only should be allowed, avoiding all kinds of rich pies, pastries, fats, excesses in meats of all kinds—better leave out meats. Colonic irrigation, and dilation of the anal sphincters are essential means in the treatment to remove undue irritation of terminal nerves. Keep the bowels regular; the skin clean; kidneys normally active; have patient breathe full, long, deep breaths at stated intervals, and always expand the lungs at every breath if possible; sleep in well ventilated rooms.

The Hemospasia treatment promises the best results of any yet discovered. A series of alternate cording the limbs, continuing for 24 to 36 hours, has been followed by positive cures. This is the best mechanical treatment ever devised. Spinal adjustments have been followed in some cases, with good results. The Splanchnic nerves should receive attention, especially at the fifth dorsal to the twelfth. The aim should be to bring about, through treatment, as nearly a normal condition of all of the organs of the body as possible, through whatever means are indicated, and avoid the habits which tend to enervate the physical body in any respect.

The first and second cervicals often need adjustments, and that frequently. Adjust any of the vertebra when the indications are for so doing.

EARACHE.

The best relief possible, is afforded by blowing the warm breath through a thin cloth into the ear, blowing several times, and then stuffing it loosely with absorbent cotton. If there is inflammation, apply the solution of Epsom salts—one ounce to a pint of warm water—syringing the ear therewith, and using a swab to dry the water out, then apply a pledget of cotton loosely, to prevent taking cold.

If the ear has wax in it, put a few drops of sweet oil into the ear, letting it soak over night; then wash the

ear with warm water by the use of a fountain, or ear syringe, holding the point of the syringe so the stream of water will enter the ear at one edge if possible, giving room for the water to flow out into the pan held under the ear, at the side of the neck, under the lower jaw. The Epsom salts application is the best thing to use for all kinds of sores in the ear, and for pus from boils.

A salve made by combining the salts, dried in an oven or stove until all the water is evaporated, and then pulverized, and mixed with vaseline, applied to sores of any and all kinds, is the best salve imaginable.

The neck treatment should be duly considered, and the muscles kept relaxed. The adjustments of the third, fourth and fifth cervical vertebrae will need to be done occasionally, and concussions at the seventh and fifth dorsal.

For Deafness, Ringing in the Ears.

Treat the neck as usual, but give special manipulations under the lower jaws, and have the patient close both nostrils with thumb and finger, and blow—having the mouth closed at the same time—as if blowing out of the mouth, very gently, and if the Eustachian tube is perforate, there will be felt a pressure in the ear, as if the drum was being pressed against. This should be done gently, two or more times at one sitting, and daily.

The adjustments at the Atlas and lower down on the neck, to relax the neck muscles, will relieve many cases. Persistence is necessary, for such cases are generally chronic before they are cared for.

Foreign Bodies in the Ear.

Beans, corn, oats, wheat or other objects can usually be washed out, but if not, the easiest way to get them out is to use a little Spaulding's glue on the end of a small stick, touching it to the object, letting it dry on it, and it can be drawn out easily, without pain. Do not under-

take to force it out, nor try to pick it out, nor shove it back against the drum of the ear.

Foreign Bodies in the Nose.

These may be shoved back through to the throat, and spit out, generally, but some objects may be too large; then remove them with the glue and stick, as for removing objects from the ear.

ENURESIS (BED-WETTING).

This is a very annoying complaint—habit—a condition of discomfort to the one afflicted, and to those concerned.

The symptoms need not be given, as there are none but the fact stated. The treatment indicated should be instituted and persisted in until a cure is effected.

Many cases are readily cured by the patient wearing glasses, the refraction being made, a little "fogging" is advisable, so as to overcome the nerve strain, and waste as a consequence. The proper correction of refraction cures many conditions as well as this, when the eyes are being strained through over-work, or when hyperopic.

Adjustments in the lumbar area are always to be made, when possible, so as to relieve nerve pressure or irritation of the bladder. If the kidneys are at fault, the twelfth dorsal should be adjusted, so as to stimulate the nerves which end in the kidneys. Concussions at the fifth lumbar should not be neglected.

The proper suggestions, as given elsewhere, should not be ignored, for they, when rightly given, always do good, and are the means which can be applied by the mother, or some one in whom the patient has implicit confidence, nightly.

The diet should be properly regulated, and the habits corrected, as in all other cases of illness, for health means

a normal state, in everything that relates to the individual, and bad habits corrected mean much, every way.

There are cases which depend upon local irritation, which causes the individual to micturate, such as an elongated prepuce, and the accumulation of smegma; then circumcision is the thing to have done. Or, if a female, the clitoris may be drawn so tightly as to cause irritation; in such cases it should be operated on. Tightened sphincter ani muscles may, sometimes, need dilation; and in the absence of a bivalve, it may be done with the finger, introduced into the rectum, and pulling backward, and to the side of the coccyx, quite strongly.

This procedure has a wonderfully quieting effect upon the nervous system, in many conditions, and should not be overlooked nor neglected when indicated. It can do no harm, and when properly done, and followed up from day to day, some of the most astonishing effects will follow, and cures result.

ERYSIPELAS.

This is an acute inflammation of the skin and subcutaneous tissue, characterized by shining redness, swelling, heat, pain, vesication, accompanied by fever and constitutional disturbance. The affected areas are sharply defined, of a shining crimson hue, elevated above the surrounding skin, firm, hot and tender to the touch. Vesicles and blebs may develop. It may be general, or local.

The cause is said to be a bacteria, the *Streptococcus erysipelatis*. The real cause is a depression of the vital forces, the existence of wounds or abrasions. The recurrent variety is due to nasal infection, catarrhal in the majority of cases, and these due to lack of normal, venous circulation.

Treatment.

The constant, local application of a solution of Epsom salts water, one ounce to a pint, applied by means of soft

cloths, soon neutralizes the poison, and the measures recommended to free the circulation of the blood throughout the body, should receive special attention, daily or oftener. Spinal adjustments, wherever there are found deviations, contractions or tenderness, should not be neglected.

**EYE, DISEASES of; Conjunctivitis, Granulated Lids,
Corneal Ulcers, Styes, Blepharitis Marginalis,
Pterygium, Etc.**

The various conditions represented by the above names are amenable to Neuropathic treatment.

Take hold of the cilia (hairs of the lid) with thumb and finger of one hand, pull it downward, outward, slip the forefinger of the other hand under the lid, squeeze down on the lid with the thumb, with a squeezing, rolling move, slide the finger and thumb along to the other edge or canthus of the eye, and remove it at once.

A pulling out of the lid of the eye should be made while the lid is being treated thus, and that removes the pressure; the ulcers get well. It is well to apply a little salty water to the eyes every few hours, in the proportion of a tablespoonful of salt to a pint of water, dropping into the eye a few drops every few hours.

For Pterygium, while the finger is under the lid, when it is near the inner canthus, turn it round, palm toward the nose, push it down to the side of the nose, and press hard against the Lachrymal sack a moment, then remove it.

The latter should be repeated every two or three days. Use the salt and water in the eye as for the ulceration of the cornea, or the conjunctivitis, the trachoma. This is the treatment for Blepharitis Marginalis: Squeeze the lids as for Ulcerated Cornea, use the salt and water afterward.

The manipulations which relax muscular fibers are the first thing to look after, so that the veins can empty



themselves and the nervous system can perform its function.

The local treatment is done with the forefinger, and is astonishingly successful in relieving the pain, inflammation and anxiety of the patient. There is no guess work as to results. It saves the patient and the doctor from disappointment. It does the work satisfactorily, quickly and surely.

The stereotyped routinism of medical treatment is entirely useless, when compared with this. The medical practitioners will finally accept a rational method of cure, but they must be shown its superiority over their long used and oft repeated failures of a "tried system and repetition of the trial," until they see and learn a better way. Fixed opinions and stereotyped ways are hard to change, or to abandon, when once fixed in the mind, but TRUTH is mighty, and will, finally, prevail.

In the treatment of the above eye troubles, the physician, or manipulator, thoroughly cleanses the hands, washing the finger to be used in salty water, one tablespoonful to a pint of water, then take hold of the eyelid about the center, pull it out from the ball, slip the finger under the lid, stretch the lid by pulling it outward just enough to **remove the pressure from the eyeball**. This is the proper treatment for **Corneal Ulcers**.

For granulated lids, styes and Trachoma, Blepharitis Marginalis, introduce the forefinger as above directed, then place the thumb on outside of the lid, antagonizing the finger on the underside of the lid, and with a firm squeeze together of thumb and finger, use a sliding, undulatory move, covering the entire under surface of the eyelid in this way, then slip the finger out at the outer canthus; the treatment is done for that time, for that eye. The squeezing breaks up the granules and they are absorbed. Just a few such treatments will suffice, and these should be done daily, or every two or three days. If the under

lid is affected, have the patient roll the eye upward, and pull the lower lid downward, then introduce the finger into the eye at the inner canthus, and with a sliding, pressing move over the entire surface of the lower lid, toward the outer canthus, pressing the lid against the upper surface of the malar bone, not enough to bruise the lid.

In all eye troubles, where there is inflammation, use salt and water, one tablespoonful to a pint of water, using a few drops in the eye every few hours. It should also be used externally by means of soft cloths, frequently repeated.

GOITER.

A diseased condition of the thyroid gland, situated just above the inner ends of the clavicles, above the sternum, on either side of the trachea, characterized by a gradual increase in its size.

There may be no special symptoms other than a gradual enlargement of the gland, and a sense of constriction of the trachea. Its unsightly appearance and its gradual undermining effect upon the general health are features of much concern, especially when the size is gradually increasing.

The function this gland exerts in the physical economy is not well understood. Recent investigations have shown that a non-development of this gland is, in some way, connected with that condition called Cretinism. When the gland is normally developed, no such effects are manifest.

The Treatment.

It is the opinion of the writer that too much lime used in the water or the food tends to enlargement of this gland. Impeded or obstructed circulation of the venous blood tends to precipitate the calcareous matter in the gland, and causes a disarrangement of its functions and increases its size. Tight collars and bands may cause the trouble.

The first indication, then, is to restore the circulation to a normal condition by lifting the clavicles from the jugular veins; manipulation of the neck muscles, and applying nightly a solution of salt and water on the neck over the area of the gland. This has been followed by favorable result in the glands where induration has not taken place.

Adjustment at the fourth and fifth cervical should not be neglected. These, and the manipulations, will be found satisfactory in most all cases. Concussions at the seventh cervical are followed by favorable results. Adjustments at the fifth dorsal vertebra should not be neglected, daily.

EXOPHTHALMIC GOITER.

(Graves' Disease, Basedows' Disease).

This is indeed a grave disease, characterized by cardiac palpitation, goiter, exophthalmos, and tremor, palpitation usually being the initial symptom.

The pulse ranges from 90 to a 120 beats per minute. Occasionally the exophthalmos is so extreme as to produce spontaneous dislocation of the eyes, one or both. Women are generally the victims of this disease.

The Treatment.

The same manipulations as in the simple form of goiter should be instituted and persistently followed from day to day, giving special emphasis to the concussion of the seventh cervical.

For Cretinism, the internal use of Thyroin is a popular remedy. This is the extract of the thyroid gland of the sheep.

GOUT (PODAGRA).

Gout is a constitutional disease characterized by an excess of uric acid or the alkaline urates, especially sodium

urate, in the fluids of the body, deposited about the small joints, and, in time, the arteries, cardiac valves and the connective tissue of the kidneys may be involved. The metatarso-phalangeal joint of the great toe is the point of attack. The helix of the ear is another special point of attack. It may be acute, chronic or irregular. The male sex, about middle life, is most subjected to this disease. Its causes are excesses, alcohol, rich food, and an inactive life.

It usually begins after some inactivity of the liver, or indigestion, with sharp pain, swelling, tenderness about the affected point. The symptoms seem to be worse in the early morning hours. The urine is highly colored, containing an excess of uric acid and urates. Should the disease persist, and the accumulation of chalky deposits increase, it is called Chronic Gout.

The Treatment.

The treatment indicated is to put the patient on the proper diet as well as a course of temperate habits, with moderate exercise, bathing, and such other directions and treatment as shall change the conditions existing. The food should be plain, simple, easy of digestion, and in moderate quantities, at stated intervals, well masticated; sweet and starchy foods left out of the menus. Especially acids and starchy foods should be avoided for a time at least, until recovery takes place.

The manipulations which restore the normal circulation of the fluids should be instituted, and such as break up the deposits and cause absorption and elimination. The skin and kidneys should be kept active. The colon irrigation should be attended to, to relieve the impaction, if any; the Epsom salts bath used daily; the warm packs of cloths saturated in the Epsom salts water, applied to the joints affected, as much of the time as possible.

The spine should be adjusted at the fifth, eighth and

twelfth dorsal daily. Concussions on the tenth, eleventh and twelfth dorsal will have special influence in effecting elimination of the urates.

Pure water must be used, free from lime and other injurious substances. Rain water or distilled water, whenever possible, should be used. Be sure the diet receives special consideration at every meal. Plenty of fruits and vegetables should be indulged in.

GRAVEL.

Cystitis is an inflammatory condition of the bladder, while gravel is the condition called stone in the bladder. The latter is the result of excesses in eating or drinking, or both. Excess of nitrogenous foods, lack of exercise, excessive formation of uric acid, or oxalic acid in the urine, foreign bodies in the bladder, retention of urine, etc.

The spinal symptoms are pain, referred to the end of the penis, and worse after urination, frequent micturition, hematuria, and sudden stoppage of the stream during micturition, and these symptoms are worse when patient is on the feet. Cystitis, hemorrhoids, elongated prepuce, prolapsus of the rectum may result from straining and pain during micturition. Refer such cases to a surgeon, especially where the stone is too large to pass.

The Treatment.

The rational treatment is to regulate the diet in such a manner as to avoid the articles which are devoid the elements which produce the acids, or to eat foods which digest properly without the formation of gases in the stomach; to live on a less variety of sweets, starches and carbonaceous substances; drink more freely of water—**pure water**—for it is the use of impure water, eating victuals cooked in impure water, and drinking impure water, that causes the trouble. Beet juice, boiled down to

almost a syrup, and drank in wine glassful doses three times a day, is an excellent means of relief. An entire change of the manner of living is sometimes the only thing to do, to avoid the formation of stone in the bladder.

Concussions at the fourth to the sixth dorsal should be made daily, and adjustments at the sixth, seventh and twelfth dorsal are strongly indicated, daily.

HAY FEVER, HAY ASTHMA.

This disease is known by the above names, and as rose cold, pollen catarrh, autumnal catarrh. It is characterized by a hypersensitive condition of the upper air passages, with intense catarrhal symptoms, occurring mostly in the autumn or spring months, and is probably due to the inhalation of the pollen of flowers, or irritating particles in the atmosphere, or some pathological condition of the upper air passages. It frequently occurs at the same period every year, in the same month. The onset is sudden, and begins with sneezing, coryza, nasal stenosis, headache, burning sensation in the nasal chambers, and an excessive whitish secretion. Lacrymation, burning of the eyeballs, conjunctivitis, hacking cough, asthmatic attacks, and depression may be present.

Treatment.

The ordinary medical treatment has but little effect in mitigating symptoms, or relieving, or even shortening the course, and hence, it runs its course.

The irritability of the nasal mucous membrane may be modified by the application of a mixture of Tincture of Witch Hazel and Vaseline, smeared over the inside of the nares occasionally, or applied warm, snuffed up the nostrils.

Relieve the congestion by the usual manipulations of the neck, as shown elsewhere; raise the clavicles, expand the chest walls frequently. A combination of equal parts

of Tincture Camphor and Ammonia, placing a few drops on a handkerchief and inhaling the fumes, is a source of relief. The treatment proper consists of freeing the circulation, as pointed out above, and relieving every organ from pressure. Adjust the third cervical, the fourth, the eighth and the twelfth dorsal vertebra. Concuss the seventh cervical and the fourth dorsal. Avoid stimulating food, rich puddings, sweetmeats and starchy victuals. Practice deep breathing.

HEART DISEASE.

The heart being the great center of the circulation of the blood, composed of muscular structure, it is affected by whatever affects muscular structure anywhere else in the body. The nervous system controls the heart, and it is affected according to the nerve influence.

We are inclined to favor the idea that many of the conditions called heart disease are caused by chest-wall contracture, narrowing the capacity of the chest, thereby limiting the action of the heart, by pressure upon the heart itself. Any and every condition known is attributable to mental and physical causes. The physical are the results of pressure, and the mental affects the physical through nerve filaments; the circulation is affected through pressure, fear, shock, and the consequences depend upon the condition.

The valves are the most commonly affected parts of the heart, mitral insufficiency being the most commonly met with, connected with mitral stenosis. There is also Aortic insufficiency, Tricuspid insufficiency, Tricuspid stenosis, Pulmonary insufficiency, Aortic stenosis, Fatty heart, Idiopathic hypertrophy, and chronic valvular lesions.

In all these there are various kinds of heart beats, in volume, force, time, etc. Various conditions in different organs in the body affect the action of the heart, and the

sympathy existing through the nervous system, has much to do with the heart's beat, and all these conditions should be taken into consideration in diagnosis, and the treatment should be governed accordingly.

Treatment.

The first, and most important, thing to do is to relieve the pressure. The pressure may be physical or mental. The various manipulations given in this book, if properly applied, and the mental conditions controlled—properly directed—the habits made conformable to natural law; the dietetics regulated; excesses abandoned; normal breathing and lung expansion practiced; the normal circulation established and maintained, all heart troubles of a functional character will be relieved. Organic heart troubles can only be modified, and that temporarily, if at all.

The student, if interested in further detail regarding the description of the various heart affections, will consult the various authors on the subject.

The Neuropathic treatment consists in freeing the circulation by indicated manipulation, such as the neck movements, raising the clavicles, expanding the chest, and stimulating the nervous system which controls the heart's action. Adjustments at the second to the tenth dorsal to cause expansion of the chest walls, and at the second to the fourth to affect the heart. Concussions at the seventh cervical to increase the tone; concussions at the second and third dorsal to reduce the blood pressure, third and fourth dorsal to inhibit the heart's action. Pressure, steadily applied at the sides of the cervical vertebra on the vaso-motor area, to regulate the arterial circulation, has a salutary effect on the action of the heart as well.

Anxiety, mental stress, anger, grief, worry are factors to be considered, and, as much as possible, avoided. Breathing through the nostrils is to be rigidly and strictly followed. This is important, at all times.

Many seemingly severe cases of heart trouble may be relieved by simply raising the clavicle—taking off the pressure—letting the jugular empty.

HICCUP (HICCOUGH).

Characterized by sudden, spasmodic descent of the diaphragm, accompanied by a spasmodic closure of the glottis, the characteristic noise being caused by the incoming column of air striking against the partially closed glottis. It is doubtless due to irritation of the Phrenic Nerve, or some of its filaments, and may accompany many disorders, such as gastric, uremia, peritonitis, and other inflammatory affections.

Treatment.

Holding the breath, drinking water or lemonade slowly, protruding the tongue, warm applications to the stomach and diaphragm; pressure over the trunk of the phrenic nerve being the most effectual, and being so easily done, should be the first thing done. This may be done on the side of the neck, at the fourth cervical, by a manipulation there (adjustment), or by pressure just back of the clavicle on the first rib, in the notch, where the phrenic nerve passes over that rib. This desensitizes the nerve, and arrests the hiccup at once.

HIP-JOINT DISEASE.

This is said to be a tubercular affection, or lesion of the hip joint, originating in osteitis or synovitis, chronic or progressive, and tending toward recovery, ankylosis, or complete destruction of the joint. The disease occurs most frequently in individuals under 14 years of age. There are three varieties, according to location of the primary lesion: (1) Femoral, (2) Acetabular, and (3) Arthritic.

There are three stages: (1) That which extends from the beginning to the formation of pus in the joint, and is characterized by localization of the disease, flexion, limping, pain, usually referred to the knee; slight induration about the joint, fixation and atrophy of the muscles, and enlargement of the neighboring glands. (2) The stage that extends from the end of the first stage until the development of pus outside of the joint, or the stage of joint involvement, and is characterized by abduction and apparent elongation, night-cries, abscesses, joint crepitation, and failure of general health, in addition to the first stage intensified. (3) The stage that extends from the end of the second stage to the termination of the disease or the stage of destruction of the capsule and external suppuration, adduction, flexion, and real shortening are present, and dislocation and ankylosis or suppuration, destruction of the joint, asthenic symptoms, and death result.

The above is a picture of a diseased condition which medicines have not even mitigated in any sense. What may be done by Neuropathy to change the despairing outlook to one of hope? We shall see.

The Treatment.

It is a fact that bacteria must have a nidus to live in before they can exist anywhere in the body, and a nidus cannot form without an arrest of the circulation of the fluids of the body. This arrest of the circulation of the fluids is due to pressure upon the smaller vessels somewhere in the tissue; chemical changes take place, foreign elements are the result; tissue is broken down, destruction follows, pus is formed, and this forms the nidus.

If, upon the first appearance of the pain, tracing of the nerve from its end, where the pain is felt in the knees, to the lumbar area, will reveal the fact that pressure is causing the pain, and an adjustment, or repeated adjustments and the proper manipulations, will arrest the whole difficulty.

Hot applications around the joint, with cloths moistened with the solution of Epsom salts—one ounce to a quart of hot water—will relieve the swelling, and relax the muscular tissue. This may be repeated until relieved.

The general manipulation to restore normal circulation and spinal adjustments, together with a proper regard to the diet, bathing and breathing should be followed by great relief, and in the cure of cases where too much exhaustion has not taken place before the treatment is begun.

ITCH—SCABIES.

This is simply a contagious, animal, parasitic disease due to the *sarcoptes scabiei*, characterized by burrows and a multiform eruption, and attended by severe itching.

The eruption usually occupies certain areas where the skin is thin; these are interdigital spaces, the flexor surface of the wrist and arm, the superior, anterior and posterior folds of the arm pits, the axilla.

It is very annoying, and as so many do not know how to get rid of it, we give the treatment which will invariably destroy the animalcule which causes the infection.

The Treatment.

First prepare the following ointment: Take an ounce of vaseline, or more, as desired, and mix the flowers of sulphur with it, making a salve of it the consistency of thick cream. Before applying it, have the patient bathe the body all over in soap and water, and dry the skin with a towel, then anoint the body all over with the salve; then put on a gown and go to bed. This process is better gone through with at night.

Change bedclothes and gown next day, but have the patient bathe again, in the morning, with soap-suds before putting on the clothes for the day. Bathe every night for

three nights, changing the apparel every day, and the fourth morning the itch will all be gone, as a rule; but if not, repeat the same process. Care should always be taken to change and to fumigate the apparel worn, before wearing it again.

JAUNDICE (ICTERUS).

A deposition of bile-pigments in the tissues of the body.

Hepatogenous jaundice may result from obstruction by gall-stones or parasites, catarrh of the bile duct and duodenum, stricture of the gall-duct, pressure from tumors or neighboring organs, and altered blood pressure in the hepatic vessels. There are several causes, hence different names to jaundice. The one above named, and Hematogenous—simple catarrhal jaundice—and that of the infant, called *Icterus Neonatorum*.

The skin turns yellow, and a general torpid condition; the whole body is more or less distressed, tongue coated, impaired appetite, nausea, with vomiting at times; looseness of the bowels, slight feverishness. When the jaundice is complete, the surface is cold, the heart's action slow, the mind torpid and greatly depressed, pain or tenderness over the region of the liver. Its seriousness depends upon the amount of inflammation accompanying it. It usually terminates favorably, without much harm to the system.

Treatment.

Inasmuch as the disease is due to undue pressure which obstructs the passage of the bile from the gall-bladder, the indication as to what to do is plain—that is, remove the pressure. The effects will cease in due time. Crowding the stomach with food is the prime cause of jaundice. Eating a hearty meal, and then adding something else that causes gas to form, and rendering the organs incapable of digesting the food, causes an undue

pressure upon the liver, so that the excess of bile accumulates in the liver and gall-bladder; hence, it is absorbed into the system.

In such cases, resting the digestive organs is indicated; the patient should fast until the obstruction is removed, drinking plenty of water—hot is best—use the high enema to relieve the colonic pressure, abstain from solid food for a few days, adjust the spine at the seventh and eighth dorsal vertebra daily; the patient will soon be restored to health.

All conditions of the liver, called disease, are to be treated in this manner, except abscess, which must be relieved by the use of the Trochar.

Some have had wonderful success by the use of the tissue elements, especially the Sodium sulphuricum, in the third potency, (3×) two-grain doses every three or four hours, especially when the tongue is coated yellow. If the tongue is coated white, the Sodium chloride, given the same way, is effectual. Concussion at the fourth to the eighth dorsal should be made a special consideration for catarrhal jaundice.

The question of eating is of the greatest importance as a preventive of jaundice, as well as for all other conditions of the alimentary canal, and all of the organs connected with or related thereto. Massaging the liver is an excellent means of relief many times, hand lying on the front side, and the limb pressed against the hand, as shown elsewhere. The addition of a tablespoonful of the Epsom salts to the water used for the high enema should always be done, to neutralize any toxic poisons which may have accumulated in the system.

LIVER COMPLAINTS.

The liver is the largest gland in the body; its anatomy should be well understood, its functions thoroughly com-

prehended by every one who makes a business of treating disease. Its importance demands it.

The liver being a gland which secretes largely, its functions should not be interfered with, so as to cause other organs depending upon it to suffer, for the nutritive functions of the entire body are intimately related to its secretions.

There are so many abnormal conditions of the liver, caused by undue pressure, and its surroundings are so much affected, it is a matter of vital importance to keep off the pressure, and take it off when it is found to exist, that it cannot be over-estimated.

From undue pressure of the liver, there may be abscess, acute yellow atrophy, amyloid, carcinoma, cirrhosis, atrophic cirrhosis, hypertrophic cirrhosis, hyperemia or congestion, and hydatid cysts. The sources of pressure are numerous. An overloaded stomach is one source, impacted colon is another, peritonitis is another, inflammation of the kidneys is another, portal congestion is another, tight lacing another, wearing tight clothes another, sitting bent forwards, or with the knee held with the hands, drawn up to the abdomen, another source.

The blood vessels and the nervous system are put out of commission by undue pressure, and these various causes should be avoided, under all circumstances and conditions.

The Treatment.

The liver has been the worst abused organ in the body, and accused of being the source of all human ailments, by the medical class of practitioners; almost every remedy has been supposedly directed to that organ, and it, like the "King of Terrors," has been accused of many more sins than it has been guilty of. Much harm has resulted, not only to the liver, but to the whole system, by the use of "liver remedies," calomel especially.

The irrigation of the colon should receive special attention in all cases. Excessive eating should be avoided. Inactivity avoided, taking moderate exercise, regularly, every day. Restore the circulation by general manipulations. Remove spinal nerve pressure from the seventh, eighth and ninth dorsal area.

See to it that the sphincter ani muscles are properly dilated, so as to promote capillary circulation. Attend to the restoration of organs involved, as well as the liver itself, seeing to it that freedom, throughout the entire body, be established and maintained. The spinal adjustments indicated, in most cases, will be from the seventh to the twelfth dorsal vertebra, as this area unites the Splanchnic nervous system with the Pneumogastric nervous system, in the Solar Plexus. This treatment unites the positive and the negative nerve forces, neutralizing excesses in either of the acid or the alkaline secretions, and restores harmony therein. The concussions from the fourth to the sixth dorsal are essential in cases of enlargement or hypertrophy of that organ.

LOCOMOTOR ATAXIA.

(Tabes Dorsalis; Posterior Spinal Sclerosis.)

This is a condition pronounced incurable by the medical profession. The symptoms are incoordination of the action of the muscular structure; staggering gait; inability to walk in the dark, or with the eyes closed; paroxysms of shooting pains in the thighs; various crises, neuralgic in character; a feeling of constriction about the waist; alterations of sensations; absence of knee-jerks; Argyll-Robertson pupil; various optic and trophic phenomena. (Loss of action of the pupil reflex to light.)

The disease is of the spinal nervous system, characterized by sclerosis of the posterior columns of the spinal cord.

The affection is seen mostly in men after middle life, and is probably due to exposure to cold and wet, traumatism, excesses, infection and toxic poison.

Treatment.

From a medical standpoint it would be useless to suggest any treatment but their poisons, which have been a signal failure in this disease.

What are the conditions to be met, in Locomotor Ataxia? This, like all spinal nerve ailments, has its origin in blood and nerve pressure, the blood pressure especially interfering with the nerve function, separating the footlets of the nerve endings in the cord itself, destroying certain nerve fibres, this being the cause of the incoordination of the muscles in which they formerly ended.

In the incipency, if the congestion is relieved, the conditions are changed, and the normal state is restored.

When nerve filaments are once destroyed by extra pressure, they are never rebuilt; hence, in this stage, nothing can be done to relieve the condition. Constant pain in the spine, anywhere, finally destroys the nerve filaments involved. The arrest of the pressure producing the pain is essential, under any and all circumstances, as early as possible.

Relaxation, adjustments where tenderness is felt and deviations perceptible, should always be attended to, to avoid probable serious consequences.

Concussions at the twelfth dorsal vertebra, with adjustments at the fifth to the ninth dorsal are to be given, daily.

Regularity in diet, regarding the kind and quantity, is helpful in so far as the nutrient side of the treatment is concerned. The avoidance of all stimulants, tobacco, and all medicines should be strictly and rigidly impressed upon the mind of the patient, as a matter of necessity.

Spinal adjustments should be made, wherever there is soreness, daily. Make it a point to regulate the circulation and remove nerve pressure.

MELANCHOLIA.

This is a form of insanity, characterized by depression of spirits and gloominess, without any adequate cause, the central idea being one of personal unworthiness.

The Treatment.

This consists of change of environments, scenery; fresh, good food and cheerful associations; daily divulsions of the sphincter ani; concussions of the seventh cervical, and the third to the eighth dorsal.

Use measures to free the circulation, especially of the head and neck, chest, heart and lungs.

MENINGITIS, CEREBRO-SPINAL.

Inflammation of the meninges of the brain and spinal cord.

Inflammation of the dura may be the result of injury, chronic otitis, suppuration of the orbit, inflammation of the venous sinuses. Symptoms obscure. Prognosis unfavorable, according to medical authorities. The intracranial more difficult. Duration one to four weeks, sometimes twelve weeks.

The Treatment.

Inasmuch as this disease is the result of venous congestion, the remedy lies in the means which relieves the congestion. Hot applications to relieve the muscular rigidity which generally accompanies this affection, then manipulations of the entire body, as vigorously as the patient can bear.

Concussions of the second and third dorsal for the high blood pressure, and the adjustments of the various sore localities along the spine, especially at the fifth to the twelfth dorsal; the removal of all the pressure along the spine, and from the internal viscera, in the use of the

high enema, and flushing of the capillaries; using the hemospasia method, cording the limbs at intervals to draw the blood from the head and spine, and oxygenate it; with deep breathing and plenty of water, light diet, or fasting for a few days.

The treatments should be for a purpose, and applied at short intervals.

MENSTRUAL CONDITIONS, MENOPAUSE, ETC.

There are so many conditions to consider attending the monthly periods, and the menopause, or the "change of life" period of women, that demand a special study to fully comprehend, we shall only deal with the subject slightly. Painful menstruation, and amenorrhea are the most common complaints that the Neuropath has to treat, and these two conditions, with the menopause, are the most common diseases which afflict the female, hence require the most attention, as regards treatment.

Painful menstruation, amenorrhea, and the menopause are all controlled by the nerves from the eleventh dorsal to the third lumbar vertebra.

The Treatment.

The symptoms need not be delineated here, for the patient will reveal all that is necessary for the physician to know that relates to the symptoms, and knowing the cause of all the abnormal conditions complained of during this period of woman's life are related to the nervous system which controls the genital organs, and when the circulation is normal, and the nerves which end in the sexual organs are free, the natural order of things goes on in a natural way.

The treatment, therefore, consists in the proper adjustments of the lumbar vertebra. Concussions from the first to the third lumbar vertebra are also important factors in all uterine troubles.

Impeded venous circulation should be corrected; all undue pressure from surrounding organs should be removed; the bowels regulated; the proper diet, in the proper proportions and quantities observed; the spinal adjustments applied at intervals of two to six times per week.

Uterine Hemorrhage should be treated from the fifth lumbar upward to the first, raising the limbs and pressing against the vertebra, letting the limbs down each time the pressure is made, and raising them as the pressure is made, repeating this move several times at one sitting. For all other conditions the treatment should be directed downward.

MIGRAINE-HEMICRANIA; MEGRIM; SICK HEADACHE.

A unilateral pain in the head, periodic, accompanied by nausea, often vomiting, intolerance of light or sound, and incapability of mental exertion, the brain being, for the time, prostrated and disturbed.

The Treatment.

Relief may be obtained in such cases by an emetic, taking a tablespoonful of salt, dissolved in a pint of warm water, which usually empties the stomach.

There may be complications which will require attention. The eyes may need to be refracted, and glasses worn to arrest the nerve waste. Treatment and adjustments of the neck muscles should be applied when there is a demand for this kind of treatment. The diet should be regulated, using easily digestible food, and proper quantities and at stated times.

Colonic irrigation is one especial thing to look after. Frequently the dilation of the sphincter, to stimulate capillary circulation, will prove to be the thing needed. Take plenty of exercise.

A little attention to the care of the body, and an adjustment of the spine, at the fifth, seventh and twelfth dorsal, and at the first and second cervical may be needed.

Concussion at the fifth dorsal is not to be neglected, for it often cures at once, emptying the stomach into the duodenum, relieving the stomach of its contents, taking off the pressure.

MALARIA FEVER—CHILLS AND FEVER.

Fever resulting from the inhalation of "bad air," from malarious districts, such as swamps, low lands along streams, usually.

The attacks are ushered in with a chill, more or less severe, followed by fever, and this followed by profuse perspiration, each paroxysm lasting from one to three or four hours. They usually come on every third day.

The Treatment.

Begin the treatment by cleansing the alimentary canal, using the high enema, with a tablespoonful of Epsom salts to a gallon of water, using this daily. This neutralizes the poison, and the adjustments at the sixth to the twelfth dorsal vertebra, daily, cures. It makes but little difference as to the type. The fever can be controlled at the vaso-motor area by gentle pressure for a few moments (back of the neck). Meet the indications as they arise.

MAMMARY ABSCESS.

These are tumors of the breasts during lactation, and should be prevented. This may be done by emptying the milk, not letting it accumulate so as to interfere with the venous circulation.

The best treatment we know is a belladonna plaster, applied for twenty-four hours. Concussion of the seventh cervical tends to contract the vessels. There are many conditions to be met in this affection.

MEASLES (RUBEOLA).

This is an acute, infectious, highly contagious disease characterized by what is called the prodromal stage, with coryza and fever, followed by a characteristic eruption on the face and body. The incubation stage, from nine to fourteen days, is attended by more or less catarrhal inflammation of the mucous surfaces of the body. There is lacrymation, dread of light (photophobia), hard, bronchial or croupy cough, somnolence, irritability of temper, and sometimes convulsions. The temperature may rise to 100° and continue until the rash breaks out and is fully developed. We need not enter further into a description of the symptoms, as these are generally understood.

The Treatment.

Rest in bed in a darkened room, well ventilated; liquid diet, plenty of pure water, with the addition of acids if desired. Regulate the bowels, with the high enema if the colon is at all impacted. Adjustments at the third and fourth dorsal vertebra should be done daily, for the cough and the bronchial conditions. Bathing with Epsom salts water is important, keeping the skin cleansed daily. Keep the eliminating organs active.

NEURALGIA.

A severe paroxysmal pain in the area of distribution of a nerve along its course. The varieties are named according to the nerve involved. •

The principal symptom is pain, which is paroxysmal and of a burning or darting character, occurring along the course of a nerve. Other symptoms, are numbness, transient hyperesthesia, vomiting, and various vaso-motor disturbances. The distinctive features of neuralgia are the presence of superficial tenderness, and the relief of pain on pressure.

The causes are generally lesions of the central nervous system, anemia, cold, traumatism, infectious fevers, metallic poisons, alcohol, nicotine, gout, diabetes.

Treatment.

The treatment consists of removing the cause or causes which produce the lesion, and keeping the pressure off of the nerve trunk, or the nerve filaments, by the manipulations shown, which restores the normal circulation, and relaxes the muscular fibres which irritate the nervous system locally.

NEURASTHENIA.

A condition of nervous prostration, exhaustion, attended by many inconstant, variable subjective symptoms, and a few significant objective symptoms or phenomena. It is brought about by a neuropathic tendency, combined with overwork or exertion of any kind, excesses, traumatism with fright, and chronic diseases. Many cases—in fact, nearly all cases of neurasthenia—have their origin in mental strain, or thinking too much about, or along business lines, and failing to regard the digestion of the food eaten; that is, they pay too much attention to secular business and give the digestive organs no time to do their work, hence the exhaustion, for when the supply is cut off the system becomes enervated for want of fuel. This is the case in almost all those afflicted with nerve exhaustion. There is a lack of elements in the blood, hence friction; hence waste; hence enervation.

Treatment.

The first attention should be given to the regulation of the digestive apparatus, seeing to it that the proper food be eaten, thoroughly masticated, and then time allowed for its digestion, resting for half an hour after each meal, giving the nervous system time to furnish the

normal secretions for digestion. Adjusting the fifth to the eighth dorsal daily, so as to unite the two forces. Concussion of the sixth and seventh dorsal will do good.

See that the colon is kept free from impaction, by the use of the high enema. Daily baths of Epsom salts, as mentioned elsewhere, should be observed.

NEURITIS.

An inflammation of nerve trunks, as well as the filaments, characterized by pain and paresis of the parts supplied by the affected nerve trunk.

It results from wounds and injuries, venous congestion, undue pressure long continued. It may involve many trunks, as in neuritis of the sciatic nerve, or the nerves constituting the retina; there is usually pain, tenderness, numbness, not only of the nerves involved, but the tissue in which the nerves end.

Treatment.

The treatment, Neuropathically, depends upon the nerves involved, and the special cause, or causes. These must receive proper attention.

The pressure is usually due to venous congestion, causing irritation of terminal nerve filaments, as is the case in the retina; then the neck muscles should be relaxed, clavicles raised, and the nerve pressure removed. Nutritious food is an essential, and neutralization of the toxin should be seen to, by the plentiful use of the sulphate of magnesia, internally as well as externally. Sciatica is generally relieved by spinal-lumbar adjustments. Sometimes the stretching of the pyriformis muscle cures neuralgia (sciatica). Strong solutions of Epsom salts applied over the seat of pain will be found very excellent in almost all cases of neuritis, followed by proper adjustments. Applications, with the towel wrung out of hot

water, are soothing, relaxing, and serve as an eliminant of the waste material.

Many cases of neurasthenia, due to eye strain, are curable by arresting the nerve waste; glasses should be supplied when needed.

PARALYSIS.

The symptoms are apparent, and the word paralysis expresses it.

Paralysis is loss of power of voluntary motion resulting from structural change in the brain, spinal cord or nerves ending in a muscle, or any tissue in the body. Whether occurring in youth or the aged, the result is the same, but in degree according to the structural change, and the locality in the brain, as each part functions special tissue or organs.

The effects are different in different individuals, dependent upon age, temperament and degree of the injury and the causes, and should receive attention accordingly. Intelligence, not automatism, should govern the course to pursue, and the means necessary to institute in each case—individual.

Treatment.

In all cases, must be made through the spinal nervous area, from the occiput to the coccyx, wherever the indications are present, and depending upon the condition of the spine.

If there are drawn vertebra in the neck, the nerves there must be freed. The upper cervicals have nerves involving the vaso-motor system, and facial paralysis is reached through them; if in the arms, the brachial, or lower cervicals are involved; and if in the chest or thoracic viscera, then the upper dorsal; if in the bladder or plevic area, the lower dorsal; if in the lower limbs, the lumbar area will demand attention; for hemiplegia, the adjust-

ments may have to be made at the sixth dorsal, or in the cervical, or dorsal; in fact, anywhere tenderness and deviation are found; or even if there be no deviation, where there is tenderness, and at the point where the nerves involved emerge from the spine, anywhere along the entire spine.

There is a condition called Paralysis agitans—"Parkinson's Disease"—shaking palsy, most common after the age of forty years, and is characterized by a tremor of the muscles, caused by alternate contraction and relaxation of the muscular fibres, the tremor persists during rest, and involves the arms and hands generally, scarcely ever the head. It influences the rapid movement called the **typical gait, or festination**; the patient has a progressive increase in rapidity in the gait until a run is developed and the patient falls down, or seizes some support.

The Treatment.

Up to the present time, the treatment has been unsatisfactory. What can be done through spinal treatment, change of habits and diet is yet to be determined.

Spinal adjustment of the cervicals in the brachial area is indicated. Spondylotherapy—concussions—of the third and fourth cervical, and the fifth and sixth dorsal are suggestive, and may ameliorate the shaking somewhat.

I am inclined to believe this disease is congenital, and Divine power alone has, thus far, been successful in relieving the afflicted with that affection.

BELL'S PARALYSIS.

Bell's paralysis—facial paralysis—is an acute affection of the seventh cranial nerves, due to cold, injury or disease of the middle ear, or undue pressure, venous congestion, etc., and characterized by inability to expectorate,

whistle, or swallow, a sudden onset, and by unilateral loss of facial motion.

It begins with tingling of the lips and tongue; the eyelids are open; there is a lack of expression; the corners of the mouth are depressed, and the face is drawn toward the well side. The lesion seems to be in the aquaeductus fallopii. The prognosis is favorable.

There are several names for paralysis affecting different parts of the body. The Bulbar; Cerebral; Duchenne's; General, or Insane paralysis (Paretic Dementia); Spinal paralysis; Infantile paralysis. The latter is one of special importance. It is a condition peculiar to childhood, and is nearly always brought on by feeding the child on food which is too hard to digest, for its age, or too much and too frequent feeding. It is associated with atrophy of the muscles. It is a disease affecting the spine, and through the intelligent application of Neuropathy, almost every case is curable.

Treatment.

For facial paralysis, adjustments of the upper cervical should receive attention, together with manipulation to relax the muscular structure.

For paralysis of the arms, or any part of them, the fourth to the seventh cervicals and the first dorsal vertebrae.

For paralysis agitans the treatment should be at the first and second cervical, and regard to diet should be had, and the fifth and sixth dorsal adjusted.

For the infantile paralysis the treatment will depend on whether it be general or partial. The physician should apply the adjustments according to the condition; as a rule, there need be no mistake in adjusting the entire spine, especially covering the areas involved, never forgetting the sixth dorsal, the third lumbar, and the first to the fourth cervicals. For the atrophied muscles, the

limbs should be manipulated, so as to send the arterial blood to every part; the dilation of the sphincter ani muscles is an important thing to do, which can be done best with the finger of the operator, or by the mother, or nurse who takes care of the child.

We hope these directions will be understood, for they mean everything to the patient. The removal of the pressure is the only absolute remedy for paralysis, that is "take off the pressure." Concussions of the tenth and twelfth dorsal are very important, also the ninth dorsal. Be careful about regulating the diet to suit the age, and to regulate the bowels, using the high enema at stated times to relieve the colon, if indicated.

Paraplegia (See Paralysis).

Paronychia Whitlow—Abscess of the thumb or finger—Periosteitis.

Treatment—Use lemon at the start. Insert diseased member in hole cut in a lemon, for several hours. Silicia 6×, four grain doses, every three hours. The Neuropathic treatment is adjustment of the outer, inner, or posterior cord. That means, at the fifth cervical to the first dorsal, wherever the tenderness is found.

PAROTITIS.

Inflammation of the parotid gland—mumps, the common name.

Treatment.

Adjustments at the third and fifth cervicals, and fifth and seventh dorsal vertebra. Use strong Epsom salts water, hot, applied to the under jaw, at angle of, for an hour at a time, repeated often, renewing the moisture frequently.

The treatments of the neck and back should be repeated daily, or oftener. Concussion on seventh cervical will be beneficial.

PEMPHIGUS.

This is an acute or chronic inflammation of the skin, characterized by the formation of successive crops of variously sized, rounded, or oval bullas, affecting seriously the general health, and often terminating fatally. The blebs of pemphigus are tense, abruptly elevated, non-inflammatory, and come out in crops.

The cause—Too much carbonaceous food, and failure to properly eliminate the waste. Constipation an accompaniment.

The Treatment.

Use Epsom salts baths frequently, to open the pores of the skin; and use the high enema, to cleanse the colon; repeating the external and the internal baths daily. Regulate the diet, confine it to vegetables and non-stimulating articles; avoid overloading the stomach.

Adjustments of the spine at the fifth to the twelfth dorsal daily; the warm Epsom salts bath daily will neutralize the toxin which causes the trouble. The general circulation of the body must be maintained at all times.

Concussions at the tenth dorsal vertebra are indicated, and will do good.

PERITONITIS.

Inflammation of the peritoneum. It may be acute or chronic. It may be primary or secondary. It is characterized by intense, abdominal pain, tenderness and distension, vomiting, constipation, fever; pulse hard, wiry. The chronic form may result from tuberculosis, cancer, nephritis and chronic alcoholism.

Treatment.

Adjustments at the fifth, sixth, seventh, tenth and eleventh dorsal, and at the second and third lumbar

vertebra. Pressure on the vaso-motor area should be made, if indicated by fever. Irrigation of the colon to remove impaction of feces, using one ounce Epsom salts to a gallon of warm water, into which put one or two ounces of glycerine; using this daily, until the impaction is discharged; use hot fomentations on abdomen of the Epsom salts water, until all pain subsides; limit the diet to a small quantity of easily digestible food. Many cases respond at once to the spinal adjustments above named. Find the tenderness and treat there, at all times, in all conditions, regardless of the name of the disease, and you will find that method to be amply sufficient, if it relieves the pressure on nerves involved, and restores the blood-flow to a normal state.

Concussions on seventh cervical, sixth, ninth to twelfth dorsal, and the first and second lumbar.

PERTUSSIS (WHOOPIING COUGH).

Adjustments at the third, fourth and fifth dorsal every day, once or twice. Concussions on the seventh cervical and fourth dorsal will be beneficial, daily, or oftener. Adjustments at the twelfth dorsal are always indicated in this disease.

PHARYNGITIS AND LARYNGITIS.

These are inflammation of the throat, especially of the mucous membrane, due to congestion of venous blood being retained in the veins by pressure upon the jugulars, caused by muscular contraction of those attached to the clavicles.

Treatment.

The manipulation of the muscles of the neck, raising the clavicles, are the essential thing to do, the first of all things. The manipulations should be repeated according

to the conditions found. Adjustment at the fifth cervical, third to fifth dorsal. Concussions at the seventh to relieve congestion in the head and bronchii.

PILES (HEMORRHOIDS).

Piles are characterized by inflammation of the mucous membrane of the rectum, swelling of the veins, engorgement, due to impeded circulation of venous blood, causing enlargement of the veins. They form into knotty tumors, and become inflamed and exceedingly painful, especially if allowed to protrude.

Treatment.

Piles being the result of arrest of the circulation, partially or complete, of the hemorrhoidal vein, the remedy is suggestive—to restore the circulation in the vein. The relaxation of the muscular fibres of the internal sphincter muscle is the rational means to institute—that is, with a bivalve speculum, or the finger, dilate the sphincter as fully as conditions permit, then press directly on the knotty, venous clots, place them above the internal sphincter muscle; if they have become inflamed, use the high enema, clearing the colon of impacted feces, which relieves the pressure, and tends to arrest the congestion. The frequent adjustment of the lumbar vertebra, especially the third, fourth and fifth, relaxes the muscular structure through which the six veins which form the plexus pass and permits the blood to flow on into the iliac and the portal system—their normal channels. This alone, when rightly done, will be sufficient to cure the trouble.

There are various stages, conditions and degrees of congestion in this disease, and all sorts of remedies have been recommended, many of them empirically.

A salve made of tannin acid 20 grains, and 10 grains of pulverized opii, mixed with one ounce of vaseline, and

applied with the finger to the tumors two or three times a day, tends to contract the tumor, relieve the pain, and will cure many cases, temporarily at least. Another more rational remedy is Epsom salts one ounce (evaporate the water from it by heating it in a stove), then pulverize it, mix it with about double its bulk of vaseline, making a salve; apply it two or three times a day. A hip bath, or steaming over hot water, is a means of relief, but do not fail to give the lumbar adjustment daily.

Regulate the diet, take moderate exercise daily. Sedentary habits, and lack of proper attention to the bowels, cause the trouble. The high enema, daily, divulsion of the sphincters, and deep breathing are all essential. Frequently the adjustment of the coccyx will be found necessary, especially if hemorrhage occurs, and straightening it will arrest the trouble. Concussion of the first to the third lumbar relieves the atonic condition.

PLEURISY (INFLAMMATION OF THE PLEURA).

It, like all inflammation, is a product of congestion, or impediment somewhere in the circulatory apparatus, veins generally. It may be acute or chronic. At its onset it may be preceded by a chill, followed by a fever, and intense pain; a short, dry, distressing cough. The cough is usually short, lancinating, difficult, and may be limited, or extend to the entire pleural membrane.

Treatment.

It will be a source of great relief to apply hot cloths over the chest, frequently repeat, to relax the system so the congestion will be relieved, and the pressure taken off of the nerve filaments involved.

The treatment is by raising the arm, stretching it, and using the fingers along the sides of the vertebra, suddenly returning the arm to its normal position, which

empties the intercostal veins, and this relieves the constriction of the chest, empties the venous blood in the Vena Azigos, relieving the chest walls and taking off the pressure from the pleura. These several manipulations may be utilized in this affection advantageously and to great benefit.

Adjustments at the fourth to the eighth dorsal unites the forces and relieves the pain in a short time, saving the long delay of recovery, as per medication.

Concussions at the third and fourth dorsal indicated. Where there is high blood pressure, the concussions should begin at the second dorsal.

PNEUMONIA.

Pneumonia is an inflammation of the lungs, characterized by pain, fever, difficulty of breathing, followed by a cough, a prune-juice expectoration about the second day, and intense pain throughout all of the parts involved.

The inflammation may be confined to one lobe in one lung, or it may extend to other lobes, or include the entire lung, on either or both sides.

There are many varieties of pneumonia, but it matters not so much what kind is recognized by symptoms, the same treatment applies to all. Conditions are to be changed, then the effect ceases.

The Treatment.

The treatment consists in relieving the contracture of the chest muscles. Stretching them by the extended arm movements relaxes them and the congestion subsides; the pressure being removed the pain and inflammation cease. Hot applications, with the Epsom salts added, the usual quantity, neutralizes the toxic poison, relaxes the muscles, the fever and pain subside. Adjustments of the neck, spine and lumbar areas will be indicated. The fifth dorsal to unite the forces; the second to the fourth to relieve the

upper dorsal area, the seventh dorsal for the stomach, the eleventh and twelfth to stimulate the kidneys; the use of the high enema where the colon is impacted, to relieve the pressure from organs surrounding it, and remove the toxic poison therefrom.

Pressure on the motor area is an essential in fever, to regulate the circulation of the heart's action.

Plenty of water should be given the patient, but food should be withheld until all inflammation subsides, and the tongue cleans off to normal.

It will be remembered, in this disease, that conditions should be met as they occur, and the treatment varied, according to age, stage of disease, its character, complications, and organs involved.

RACHITIS.

This is a disease due to lack of normal nutrition in childhood. Insufficient food, or improper food, lack of sunlight, dampness, poverty, and city life. The structural changes are the most marked in the bones of the skull, the long bones and the ribs.

The symptoms are restlessness and feverishness at night, with profuse perspiration about the head, diffuse tenderness, nausea, vomiting, abdominal distension, slight diarrhea, nervousness, convulsions sometimes.

There may be various complications, bronchial catarrh, chronic hydrocephalous, and deformities.

Treatment.

Place the patient on proper food, in favorable environments, meet the indications as regards treatment, according to conditions found

The spine will demand special attention at the seventh dorsal; concussions at the ninth to twelfth dorsal.

Adjust the spine wherever there is tenderness, and in the areas where the nerve filaments are felt to be sore to pressure; keep the bowels regular.

TABES DORSALIS (LOCOMOTOR ATAXIA).

This is a chronic degeneration of the posterior columns of the spinal cord, characterized by loss of coordination, neuralgic pains in the limbs, loss of sensation and reflexes, and visceral and trophic changes.

It is a disease of the male sex, and many cases occur between thirty and forty years of age. It is generally considered to be a nervous disease. Its symptoms are: disturbance of sensation; loss of coordination; paralysis. The subject is unable to walk upon a straight line with eyes closed, and even with difficulty with them open. In walking, the feet are thrown in a grotesque manner; the body sways from side to side. Ocular paralysis may occur; palsy. There are many other symptoms manifest in this disease, which may be learned in special treatises on disease, which are unnecessary to note here.

The Treatment.

The treatment, under the old regime, has not been satisfactory, and under the new it is still a matter of conjecture, as to a perfect cure, although much can be done to afford relief, and benefit the patient in many ways.

The errors in diet should be corrected, all stimulants avoided, a strict temperate life lived, proper care of the body maintained, and the kind of exercise taken which will not fatigue.

The adjustments should be made along the spine wherever indicated, especially where the vital organs are in any way controlled through the spinal nerves. The heart, stomach, liver and kidney places are to be especially looked after. The proper nourishment is the important thing that demands the strictest attention.

Adjustments at the fifth and to the twelfth dorsal are always indicated. Keep the whole spine as nearly perfect as possible, which tends to keep the body in a normal condition; all of which are conducive to comfort of the patient.

TYPHOID FEVER.

Typhoid fever is an acute, infectious affection, due to a special poison, the decomposition of animal and vegetable affording the usual malaria. Inhalation of the effluvia arising therefrom produces enervation, with a special tendency to inflammation of the intestinal glands and follicles—Peyer's and Brunner's.

The inflammation extends to the entire abdominal viscera, including the peritoneum, causing intense pain, irritability, stupor and delirium in many cases, especially of a malignant character; soreness and gurgling in the right iliac region. This disease is so common that almost every one knows it at sight, without further description.

The Treatment.

For the tympanites, apply cloths wrung out of hot water, into which about four ounces of Epsom salts have been dissolved, repeating these until all pain and swelling subside. Use high enemas with a tablespoonful of Epsom salts (Antitoxin) to one gallon of as hot water as can be well borne, until the colon has been thoroughly emptied; this to be repeated daily.

Sponge the body, all over, daily with water, into which there is dissolved one tablespoonful of Epsom salts to a quart of the water.

Give patient a little water to drink every half to one hour, giving no food until the tongue is natural, and hunger is manifest; then use care to omit food hard to digest, or food containing too much starch or fats.

The means which keep up a free circulation of the fluids of the body must be attended to daily; adjustments at the fifth to the twelfth dorsal, daily, are essential, wherever indicated by any soreness or tenderness along the spine. Attend to the eliminating organs, the removal of the excreta, also its disinfection scrupulously done.

The atlas and upper cervical adjustments may be

needed to subdue the fever, in connection with the sixth dorsal. Concussion at the eleventh dorsal is also indicated to relax the intestines and peritoneum.

The above course will be sufficient in all cases, changed or modified as conditions and circumstances demand, or as indicated, being careful not to let up in the use of water internally and externally.

WARTS.

Warts are cured in a short while by applying, with a small stick, or the end of a match, just enough to moisten the wart, the following mixture, daily, once or twice: Iodide of potassium, 20 grains; iodine, resub., 10 grains; mix together in half ounce of water (kept corked in a bottle, with rubber or glass cork). Touch the wart by the use of a small stick, twice daily, and the wart will disappear in a few days, even before you know it is gone. The wart is absorbed.

How to Reduce Swelling of the Uvula, and Treat Sore Throat.

Introduce the index finger into the mouth, placing the end of finger back as far as the last molar tooth, against the soft palate, just behind the hard palate; with a sliding, rolling motion, with considerable pressure, move the finger from one side to the other (of the mouth), and back again; this is sufficient for one treatment. It should be repeated every day or two.

This is an excellent treatment for cough, caused by the uvula pressing down against the pharynx, reducing its size, lessening the source of irritation. It is a salutary remedy; and should be applied for all tonsillary affections, tonsillitis, pharyngitis and prolapsus of the soft palate.

It will be understood by the reader that we recognize

the nerve influence exerted by the pressure, as well as the fact that opening the channels through which the pent-up fluids are emptied, has much to do with the results of the treatment.

Spinal adjustments which relax the cervical muscles, and liberate the nerves involved, occupy a prominent place in all conditions found in the head, face, mouth, throat and the neck, and should always receive due attention.

In many cases and conditions, adjustment of the neck may be sufficient, but wherever there are contracted muscles pressing upon the nervous system, or preventing normal venous and capillary circulation, it should receive due attention.

PHYSICAL EXERCISES

By Callie M. Davis, N.D., Oph.D.

"Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?"

"If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are."

When I say that everything entrusted to us receives more careful attention than we give our own bodies, I believe I state a provable proposition.

The home is cleaned, swept and dusted. The sewing machine is carefully oiled and kept free from becoming clogged if we want the greatest efficiency.

Our automobile is freed from carbon as soon as it comes in from a long trip; ere it again goes forth every grease cup is inspected, every nut and bolt adjusted, the exterior is carefully polished.

How much thought do we give to our own bodies under such circumstances—those bodies made in the image of God?

We read and heed the most minute directions for the care of the machine because repairs cost money. What about the body? Days of suffering, time spent in bed, pain endured, do these count for naught?

The purest gas is bought, even though the cost is more. The machine must not be clogged or there is loss of power. The thick, the thin and the medium oils are bought. Do we think as much about what is good for those that sit at our table?

If the furnace smokes, do we continue to pile in fuel?



CALLIE M. DAVIS, N. D., Oph. D.

A thinking person will take down the pipe, clean out the chimney, clear the flues, remove the ashes; then the fuel is a necessity. Why not give the same thoughtful attention to our own bodies?

To be free from pain, to greet each succeeding morning with exultation, to feel like folding beautiful nature in your arms and rejoicing in her many charms is a life worth living.

Can the human machine be kept up to its best all the time? Just try it and see for yourself.

This book teaches you how to keep the system free from carbon-dioxide by breathing the pure air of heaven that surrounds you and costs nothing if you will but open the lung cells and let it enter. We would consider this easy if it was all we had to do to remove the carbon from the machine.

It teaches what to eat, when to eat and when not to eat. This wonderful harp of a thousand strings, tuned by an All Wise Creator, that vibrates to the slightest touch that plays upon it, capable of such harmony in all its parts, so sensitive to the least friction, in all so fearfully and wonderfully made, is worthy of our kindest consideration.

Every page of this book is replete with suggestions, by one who has devoted an entire life to the study of the human system, how to keep it in health, how to restore normal conditions when there is lack of harmony.

It is worth while to read and heed these suggestions given from a heart full of love for his fellow man and a desire to help all enjoy the blessings that come from a body free from pain and in perfect adjustment in all its parts.

I know whereof I speak when I say by proper thought and action the human machine can be kept subject to the will and obedient to demands of an active, useful life. No other life is worth living.

On awakening let the heart overflow with gratitude for the many mercies enjoyed at all times. Yawn a num-

ber of times, stretch in every direction, thinking pleasant thoughts the meanwhile. Without bending the knees, raise the feet in the air, letting them approach the head as nearly as possible, till, finally, they may be raised above the head and touch the bed. Reverse and let the head approach the feet. These exercises should be continued some minutes.

Rise leisurely, go to the bath room. If sufficient thought has been given to the proper functioning of the body there will be a call of nature, which should always receive prompt attention.

Cleanse the teeth thoroughly, gargle the throat a number of times with salt water, snuff salt water up the nostrils also a number of times and blow it out with some force.

1. With window open, arise to the tips of the toes, arms above the head, taking long deep breaths, tense the fingers as intensely as possible, relax and return to the standing position, exhaling meanwhile. Do this some twenty times or more.

2. Kick at the wall alternately with each foot, lifting them as high as possible.

3. Take the squatting exercise by approaching the floor, arising without touching any support of any kind. Take all these exercises some twenty times or more according to the invigorating sensation produced.

4. Sway the body from side to side, letting the hand press with some force from waist line to the knee. This keeps down the hips and gives a suppleness to the waist.

5. With feet firmly planted together, hands at waist line, sway the body, looking squarely behind you in either direction.

6. With arms extended whirl about, feet firmly on the floor, the body approaching as nearly a reverse as possible.

7. 'Tis said, and I believe it, to keep young, keep the feet young. This is the best exercise for this purpose that I have ever tried. Pass the foot over and touch the floor

across the opposite foot, some twenty times or more, doing this quite rapidly, then reverse.

8. Standing on one foot, extend the other and give a pawing motion; then relax the uplifted foot, shake it vigorously. Reverse this exercise.

9. Standing, sway each foot towards the knee of the opposite leg rapidly some twenty times or more, then reverse.

10. Standing still, take a number of running steps, carrying the chest well up and breathing through the nostrils. Never continue any of these exercises to the point of exhaustion. The more they are indulged in, however, the more will they be enjoyed.

11. Jump, as in skipping the rope, some twenty times or more.

12. Flat footed, with knees stiff, sway the body towards the floor, spat the spine while so doing; beginning low down, continue the spatting all the way up, if possible. Now let the hands sway towards and touch the floor. Sway the body from side to side, touching the floor in all directions. This exercise will break up a cold more quickly than anything of which I know. Let the nose approach the knees until they touch.

When once practiced till they become second nature, these exercises can all be taken in from fifteen to twenty minutes. The same amount of time given to some work we love to do, would not be considered any time at all. All work will become pleasure if the body is prepared to do it without fatigue.

Lay aside the bath robe, bathe the face, neck, eyes and ears in a bowl of salt water, a generous handful of salt to the bowl of water. Let the water be cold. Wet a bath towel now and go all over the body, placing the feet in the bowl and wash thoroughly. Dry briskly with force. A glow of warmth and satisfaction succeeds that cannot be obtained in any other way.

Now dress with the assurance that you are to have a happy day, ready for all the demands of a busy life.

Be assured that those who labor hardest, need these exercises fully as much as those of sedentary habits. It is not enough that one set of muscles be called into action, all must be used to expel the waste, that produces fatigue, from the system.

While exercising vigorously, never allow the breath to escape from the mouth in an explosive manner. Hold it for a little and exhale slowly through the nostrils.

No reasonable amount of care is too much for this highly organized body of ours.

NERVE WASTE

Callie M. Davis, N. D., Oph. D.

In order to explain nerve waste, take the substance of the nerve itself. That substance is what we call Neuroglia, or the brain substance, consisting of the white and gray matter, the pia mater, dura mater and the axis cylinder. This substance passes through the entire organism of the body. This is the media through which the mind permeates the body, to every tissue, and this mental substance is what Hudson calls "Sub-conscious mind." That Sub-conscious mind, as we understand it, is the thought that was implanted in man at the creation. It controls the individual absolutely, whether awake or asleep. It is, in common with all other minds, in communication with everything that has ever existed from the time of creation to the present time. It pervades all space. It is the Deity itself; that Individual or Being we call Deity permeates or inhabits the entire organism; controls every molecule; directs every atomic cell; builds up all the tissues; chemically changes every element, and superintends the entire body of all individuals on earth; and ever has controlled them, so far as vitality is concerned. Independent of all this, having been created in the image of the Almighty, and having the privilege of being even a God, he has gone from his original Creator and controlled himself, so far as his actions are concerned. He has gone away from the Divine power, gone into forbidden paths, and has received the influence of unholy environments until he has become contaminated with that condition called disease, or pain, the result of violated law.

The physical organism requires force. This force is of

two kinds, positive and negative. They are supplied by the food eaten, the air breathed, and the water drank. All of the substance derived from these sources constitute the elements of the body. These elements are distributed in such a manner as to control and make up every organ in the body, the nervous system as well; and if there be a deficiency in the composition of the nervous system, there is a deficiency in the action of the mentality to that part of the body, and to the entire body, if the entire nervous system is involved. The functioning of any organ in the body is through the nervous system. If the nervous system which ends in any organ be over-exercised, the elements become exhausted to that extent, and the function becomes deranged; and if continued, the entire system sympathizes with that particular organ, and an equalization of strength is manifested throughout the body.

Instance, the eye: The eye is supplied by the second cranial nerve, which functions the sense of sight. It is also supplied by the third cranial, by the sixth cranial, and by the third branch of the fifth cranial nerve; making four and one-third cranial nerves in and around the eye, that supply the eye in functioning vision. The second nerve forms the retina; the three and one-third nerves control the action of the ciliary muscles, and all motion, sensation and sympathy. Over-use of the eye increases the activity of the nerves ending in it, or the muscles in, or surrounding the eye—the internal muscles being called the Intrinsic, and the external muscles the Extrinsic. The over-use of the eye in functioning vision produces exhaustion of the nervous system ending therein, to that extent, we have deficiency of action, and hence a strained condition of the eye; the Extrinsic muscles being controlled by the third, fourth, sixth and the third branch of the fifth cranial nerves, are the muscles which bring into position and juxtaposition the object seen, from which object rays of light are reflected to the retina; so that without action of the extrinsic muscles

we would not have convergence, nor sight, nor be able to change the vision from one object to another. Hence the importance of looking after, and caring for the nervous system that ends in the extrinsic muscles. Over-exercise of the intrinsic muscles produces exhaustion. With the intrinsic muscles we accommodate vision at all distances, when there is light reflected from objects to the retina. The size of the pupil is controlled by the nervous system ending in the *Musculus Iridis*, whether we have convexity or a flattened condition of the lens. These are the results of muscular action through the ciliary nervous system. Hence the exhaustion of the substance of the nerve, or the nervous system, caused by excessive use, produces disparity in their function, and affects the entire organism, in proportion thereto. The necessity of knowing this is apparent to the observer, from the fact that we have all kinds of diseases from muscular asthenopia, or nerve exhaustion; conjunctivitis, iritis, staphyloma, ulceration, loss of sight, retinitis; and all other diseases that affect the eye, or the body, the result of interference with the nervous system ending in the eyes; causing irritation, resulting in congestion, hyperemia, inflammation, suppuration and blindness, many times.

All of these conditions being the product of impeded venous circulation, irritation of the nervous system can be relieved by proper manipulation, arrest of the nerve waste; supplying the deficiency by the proper food and exercise, and the circulation of the fluids of the body normally, and prescribing suitable lenses to arrest the nerve strain, from over-use of the eyes in functioning vision.

How to Prescribe Glasses for Nerve Exhaustion.

That condition denominated Hyperopia, is a condition in which the sight is better for seeing distant than near objects, a condition in which the object has to be moved away from the eyes to see clearly.

This condition is due to flattening of the eye-ball antero-posteriorly. It requires increased nerve power to control the muscles of accommodation so as to be able to see clearly. This additional power is what exhausts the nervous system, because it requires more fuel, more nerve stimuli, and, in time, the whole nervous system becomes exhausted, and disease of some one or more organs ensues. The nervous system is composed of "tissue elements," and over-use exhausts these elements, which renders the entire nervous system less capable of performing its function, and the longer the nerve strain continues, the greater the exhaustion, hence the less strength in the body to perform its normal function, throughout the entire body, therefore disease may result in any organ in the body.

To remedy this condition, the strain must be arrested. As long as the eyes are used, the strain continues. The results may be manifest anywhere, in any organ, because, to have the body normally functioned, a certain amount of nerve power must be maintained; hence the "leakage" must be stopped, and the best way to stop the leakage is to stop the strain, through the use of the glasses which correct the vision, bringing it back to a normal, or what is denominated an Emmetropic state—natural vision. The correction (the glass) which brings the vision to see a letter that the Emmetropic can see, twenty feet distant, distinctly, will stop the strain.

If one sees the type—"Snellen's"—which should be seen twenty feet, at a distance of fifteen feet, it is evidence that glasses are needed, simply because it requires an extra effort to see so clearly, and this means a requisition of more nerve power, hence a strained condition of the eyes.

For every **Diopter** of vision, required to bring the vision to see 20-20ths, there is a loss of twenty-three per cent of nerve power, and that means that the system is losing that much nerve power, hence is weakening every day this condition is allowed to remain, and in this ratio one is becoming

weaker; this indicates the necessity of wearing glasses which correct this condition of the vision, before one can expect to be brought back to health.

With the proper correction, when this condition is ascertained, it will be an agreeable astonishment to the individual how great a change for the better will take place. This change will begin at once, any disease caused by said nerve exhaustion will soon begin to subside, and the patient will get well of the disease caused thereby. See an Ophthalmologist and have such eyes corrected at once, is the reasonable thing to do.

A PERORATION ON WATER

By Charles A. Tyrrell, M. D.

"Humanity at large has never estimated water at its true value. Yet all the gifts in Pandora's fabled box could never equal that one inestimable boon of the Creator to the human race. Apart from its practical value, there is nothing in all the wide domain of Nature more beautiful, for in all its myriad forms and conditions it appeals equally to the artistic sense.

"In the restless ocean, now sleeping tranquilly in opaline beauty beneath the summer sun, now rising in foam-crested mountainous waves beneath the winter's biting blast, its sublimity awes us. In the mighty river, rolling majestically on its tortuous course, impatient to unite itself with mother ocean, its restless energy fascinates us. In the pearly dew, glittering on the trembling leaf; or the hoar frost, sparkling like a wreath of diamonds in the moon's silvery rays; in the brawling mountain torrent, or the gentle brook, meandering peacefully through verdant meadows; in the mighty cataract, or the feathery cascade; in the downy snow-flake or the iridescent icicle; or in the gigantic iceberg, with its translucent sides of shimmering green, its wierd grandeur enthralls us, and in all and each of its bewitching forms it is beautiful beyond compare. But its claims to our admiration rest not alone upon its ever varying beauty or grandeur.

"When consumed with thirst, what beverage can equal a draught of pure, cold water? In sickness, its value is incalculable in slaking the eager, intense thirst, cooling the fevered brow and soothing the aching head or

moistening the heated surface, and in ten thousand ways it brings unnumbered blessings to humanity.

“And if we admire it for its beauty, and esteem it as a beverage, how inconceivably should these feelings be intensified by the knowledge that its remedial virtues are in no wise inferior to its other qualities.”

It covers four-fifths of the earth's surface, and furnishes the rest with its moisture, and causes the earth to bring forth and bud, the grass to grow, to satisfy the beasts of the field, and furnish food for man; and furnishes a trough for the mighty vessels, which traverse the mighty deep, carrying commerce to all countries, and for all people, and renders it possible to breathe the atmosphere through the moisture diffused. It is indeed the greatest of all blessings to humanity, and its estimation is indeed incalculable.

IMPACTION OF THE COLON

There is scarcely a more significant cause of disease than colonic impaction. As disease is a consequence of impediment of the venous circulation, it may be readily seen that an inordinate accumulation of feces—the refuse of the ingesta—causes pressure against the viscera and thereby interferes with the circulation of the venous blood and the lymphatic secretion in all of the organs in relation with the colon, and may be the cause of many diseases.

The essential thing to be done in removing the impaction is to use the “high enema,” and this can be effectually done in the following manner: The first thing to consider is the how to get water into the colon. The most convenient way is to use a syringe which will force the water through the sigmoid flexure, or pass a long, flexible rubber tube through that flexure, into the colon, and let the water run through it until the colon is filled with water.

In all cases of constipation, this is the remedy for the very first consideration. IMPACTION of the COLON is a necessary accompaniment of constipation. Generally that is the case in chronic diarrhea, flux and typhoid fever. The first, and most essential, thing needed in all these conditions is to cleanse the engorged, impacted colon.

Toxemia of the entire system is caused by impacted colon, and the ONLY rational remedy is the removal of the engorgement, for, when this is done, the effects cease, and the patient begins to recover immediately, because this removes the poison which contaminates the entire body throughout.

There are several kinds of syringes recommended by physicians, and all are useful in a degree, at least; for all are used especially to relieve the lower bowel of its contents, and are thus of some benefit.

The tube may be attached to an ordinary fountain syringe, then inserted into the bowel about three inches, then let the water run, and while it is running, push the tube on through the sigmoid flexure, in the colon. The fountain syringe should be elevated several feet above the patient, and the fountain should hold as much as a half a gallon to a gallon of water, and it should be as warm as the elbow can be comfortably borne in it, or from 100 to a 110° temperature. Soap-suds is the best for the first flushing, as this has solvent properties which are generally needed to dissolve the impaction. Olive oil or epsom salts are also good, and either one may be used.

The "J. B. L. Cascade," made and sold by Charles A. Tyrrell, M. D., 134 W. 65th St., New York City, N. Y., is the best and most convenient apparatus on the market, and can be had of some druggists, or through them, or direct from Dr. Tyrrell himself. Cost, \$10.00.

COLONIC IRRIGATION

There is nothing which serves to relieve the condition called "impaction," like the internal bath. It removes the accumulation of refuse, permits normal action of the colon, prevents undue pressure upon blood vessels, nerves and lymphatics, allows normal peristalsis of all of the intestines, thereby permitting normal secretion and elimination to take place.

Accumulation of the waste material of the body—from food not taken up—and the deposition of the refuse in the colon, causes pressure upon the pancreas, and the pancreas presses against the stomach, interfering with its function, the stomach presses against the diaphragm, limits the capacity of the chest walls, thus crowding the lungs and heart, making a combination of disturbances which involve the functioning of all of the principal organs of the internal viscera, and becomes the direct cause of a multiplicity of conditions which produce inharmony in the various organs involved, and causes disease, not only in the organs directly involved in the pressure, but in all of the organs connected with them.

The toxic poison resulting from the decomposition of the feces in the colon, increases the distention, hence increases the pressure on the organs named, and increases the intensity of the consequences.

It matters very much, in all conditions called disease, that the colon be one of the first to receive attention, to see that it is cleansed of its contents, then the toxic influence is lessened, the way is opened for normal action, normal secretion and normal function of all of the organs of the chest and abdominal viscera.

Constipation, proctitis, colitis, appendicitis, torpid

liver, enlarged spleen, indigestion, lung and heart affections, are frequently caused by the accumulation of gas in the colon; the gas is due to the excessive accumulation and its too long retention in the colon.

The high enema, then becomes a prominent factor in the treatment of every condition, whether acute or chronic, and should ALWAYS receive due attention from the practitioner. This should receive due consideration from day to day; see that it be not neglected.

What Colonic Pressure Influences.

It produces appendicitis, impairs and seriously interferes with digestion.

It interferes with the circulation of all of the abdominal viscera.

It causes difficulty of breathing; the normal action of the heart and lungs.

It interferes with the pancreas and other secreting organs; causes indigestion, constipation, piles, kidney and bladder troubles; causes toxic poisons to accumulate in every tissue in the body, and is a great factor in all conditions called disease. It causes sluggishness of the entire body, stupidity of the mental functions, forgetfulness, loss of memory, brain-fag, and every condition resulting from impediment to the circulation of the venous blood and the lymph.

Pressure beyond the normal execution of the functions of the body, upon the fluid-carrying vessels, extends to the nerve filaments, and prevents them from performing their functions; hence inharmony reigns throughout the body. Health cannot be maintained unless every faculty and organ is performing its normal function.

If the food is not digested, exhaustion ensues. Digestion cannot take place when the fluids of the body are not permitted to flow naturally through the glands, which manufacture the fluids which digest the food. Food

cannot maintain normal conditions unless it is digested, assimilated, and appropriated in the renewal of blood or worn out tissue, supplying the normal elements at all times, in every tissue and organ in the entire body.

Normal breathing cannot take place when pressure is unduly made on organs which control the breathing apparatus—the lungs, the chest muscles, diaphragm, etc. That accumulated fluids result from impeded venous circulation is apparent to those who think, and know anything about the human organism.

The most common obstruction to the circulation of the blood, and nerve function, is found in the colon, caused by impaction of feces—the refuse from the food eaten, the undischarged and undigested refuse—which is always due to failure to observe the normal calls of nature for that purpose.

That accumulation oftentimes fills the cecum—the ascending colon—which not only expands the cecum to its unnatural capacity, causing venous congestion, nerve pressure as well, interfering with their function, but extends to the appendix vermiformis, causing inflammation of it. The pressure extends to the liver, causing undue and abnormal interference with its functions, resulting in many disorders thereof, also extends to the transverse colon, filling it and causing undue pressure on the pancreas, interfering with its function—that of secreting the juices which exercise an important influence in the digestion of fats—and the extension of the pressure on that organ passes to the stomach, then upon the diaphragm, thence to the lungs, thence to the heart, and in this manner the entire physical organism is disturbed.

ORIFICIAL SURGERY

Under this head will be considered simply that part of the subject which pertains to the use of the Bivalve, an instrument which is used to divulse the sphincter ani muscles.

The Bivalve is the discovery of Dr. E. H. Pratt, and has, for over twenty years, been used with gratifying results, having saved the lives of thousands, and brought relief where other means employed utterly failed.

Its favor, for certain conditions, grows with its use, and its sphere of usefulness cannot be measured, for it occupies a place, as a means of relief, in many conditions unsurpassed by other means employed.

In overcoming undue contracture of sphincter muscles is where it serves such an admirable purpose, taking off the pressure from blood vessels and the terminal, sympathetic nerve filaments, restoring capillary circulation throughout the body at once, by which cases of suspended animation are restored, and death averted when it seemed inevitable.

Some of the most astonishing results have followed the use of the Bivalve; in all cases of difficult breathing, as in asthma, hysteria, restlessness, paralysis, irritability, neurasthenia, anemia from deficient capillary circulation, despondency, hyperesthesia, ungovernable temper in children or maniacs, inebriety, constipation, epilepsy, mental depression, from sluggish circulation.

The use of the Bivalve, to dilate the sphincter ani muscles, taking off the pressure from the terminal filaments of the sympathetic nervous system, should be considered in the treatment of all conditions where indicated, as of the first importance, because of its certain, immediate, satisfactory results.

How to Use the Bivalve.

Patient may lie on the left side, knees drawn up—the most suitable position. The Bivalve is introduced (valves closed), pointing in the direction of the patient's navel, passing it up to the shoulder of the instrument; hold it there, **then turn the screw** so as to spread the blades of the instrument about a quarter of an inch. (Leave the blades thus, during the entire seance, so that no pinching of the mucous membrane need occur by the blades closing.) In this position, the operator is ready to divulse the bowel. Begin by gently squeezing the handles of the instrument, spreading the blades a little, then let them return to the place started from, rest a moment, then spread the blades again a little farther, thus increasing the divulsion as much as the patient is willing to bear for the one seance, then remove the instrument. This finishes the one seance. Repeat daily, or as often as indicated. A little experience will familiarize the operator with its use and effects in the different conditions, when and where needed.

In the treatment of children, the mother may use the finger as a dilator, introducing it into the rectum far enough to get the second joint beyond the internal muscle, and pulling backwards and outwards to the side of the coccyx (tail-bone end of the spinal column). There need be no fear of injury in treating a patient thus. Treat cases according to age and condition.

Use either finger, according to the age and condition of the anus. Some cases will be found very tight and small, when the smallest finger will be necessary to use to gain entrance into the orifice. The latter condition is one in which dilation is the more important, and should, by all means, be done, and continued from day to day until a normal condition ensues.

Little children, even a day old, may need such treatment, and these treatments repeated daily for months, to

insure a normal stool, to relieve nervous troubles, such as a tendency to rickets, stubbornness, holding the breath, etc.

There are so many conditions where this treatment will be beneficial that one can scarcely go amiss, especially where there is found a tightened sphincter, that it would be well to examine every case of acute or chronic derangement, more especially when the bowels are constipated, or pains in the colon, appendicitis or proctitis, as this is one of the best means known to take off the pressure from the nerves of the entire spinal cord, more especially the ganglion of *Impar*, which is the terminal ganglion of the cord.

It relieves the condition called piles, becomes a factor in straightening coccygeal deviations, and their maintenance in a normal position.

The normal condition of the sphincter and muscles inhere in all healthy people; when not in that state, disease, somewhere, is certain to prevail.

The condition of the sphincter muscles is an index to the condition of all of the muscular system throughout the body, and all kinds of treatment is more or less influenced by the conditions found in this outlet of the body.

HUMAN ELECTRICITY

Scientific Basis of Life.

"There is no achievement one could make equal to perfect health."—Thomas Carlyle.

THE FUEL SUPPLY.

Seven Fundamental and Inseparable Essentials of Life and Health.

We shall now take up digestion, the first essential of life and health, and merely touch upon certain others, as they bear upon that process.

We realize that the power in the human body is electricity, and it has been shown that sufficient electric energy constantly produced means the maintenance of perfect health and the restoring of lost or depleted health.

We want to know how each individual may intelligently increase and control the supply of this power, and thereby have always within himself a scientific cure for disease, mental weakness and depression.

Seven Principles.

First—Proper breathing.

Second—Digestion.

Third—Exercise.

Fourth—An abundance of water.

Fifth—Thorough elimination.

Sixth—Relaxation or sleep.

Seventh—Mental power to control and direct the body in rebuilding it.

These seven principles are elaborated further on in the illustration.

Digestion the Only Reliable Source of Vitality.

There are two forces, but one energy, throughout the whole system or universe.

The disintegration of material substance is what takes place in the digestion of foods; we immediately come into possession of this same energy, which is stored in the food substance, holding together the molecules and atoms which have been liberated through a process of friction, or chemical change, which we technically term digestion.

Chemical change is the process through which atoms are separated, and through which they are united. Every chemical change liberates electricity. Health means the generation of, and the circulation of, electrical energy.

Elimination and Cell Activity.

This occupies the most important place in the physical economy. All of the eliminating organs should be looked after, at all times.

The supply must be equal to the waste, and should be utilized. Many diseases are due to an accumulation of waste matter.

Disease is generated because of a weakened condition, caused by accumulation of waste material in the body.

When the waste matter cannot be, or is not, eliminated, any disease may ensue. There are many ways by which accumulation is formed in the body: The remains of food, undigested, and by friction, burning up the tissues, and impediments due to nerve supply and blood stasis.

Energy is used in the burning of the structures of the body, by coming together of the acids and the alkalies, causing chemical changes or neutralization.

Elimination is the very foundation of normal health (after the body reaches maturity). The solid matter taken into the system must be daily eliminated.

If the food is not assimilated, it is because the waste is not eliminated. Elimination, to be perfect, must begin

in the lymphatics, lungs, kidneys and skin. Carbonic acid is removed by the lungs, mostly. Urea is the real ash of the system, and the waste matter.

We can control elimination from the bowels and kidneys, by regular habits.

Cell elimination is accomplished by and through the alkalinity of the blood.

Acids and alkalies have the strongest affinity for each other. The continual union of acids and alkalies produce the eliminating power of the body. If the blood is kept in a highly alkaline state, containing salts, sodium, potassium, magnesium, iron, phosphorous, etc., the poisonous acids, carbonic, uric and various others are not allowed to accumulate.

Disease and old age are the result of lowering the body's vital energy, and the cause is the lack of elimination. Keep the blood in a highly alkaline condition and you need not fear sickness.

The alkaline state of the blood has a fourfold use: Nourishment of the tissues, the circulation of oxygen, the elimination of waste matter, and the electrocution of the micro-organism, or bacteria.

To maintain the normal alkalinity of the blood, supply the body with an abundance of the right kind of fresh foods in their natural state, those which are rich in the positive alkaline salts—sodium, magnesium, potassium, iron, phosphorus, etc.

Oxygenation Essential to Combustion.

Oxygen is essential to digestion, to changing venous to arterial blood. Oxygenated blood is essential to health. The blood must be continually renewed by contact with oxygen, produced by breathing and circulation.

Breathing is a natural act, and can be modified or accelerated. The muscles, under control of the will, can increase the force of breathing.

The action of the diaphragm is a special factor in breathing. Its action is a natural process, and without deep breathing the processes of life would not be carried on.

Deep breathing promotes health, and cures disease, but the breathing with special filling of the lungs at special times, is essential to the restoration of health; all conditions can be benefited by breathing.

Tuberculosis can only be cured by oxygenating the blood. It is the remedy. The capacity for breathing can be increased by practice and expansion of the lung cells; this can be done gradually.

Deep breathing should be insisted upon under all circumstances and conditions.

Rules for Correct Breathing.

Breathe from the diaphragm, deeply, slowly and regularly; inhale, counting four; hold the breath then exhale to count seven; time the count of your pulse-beat. Gradually increase the length of your breath until you can count seven, holding three, exhale ten. Do not overdo at first, but strive to have perfect control of the breath.

Inhalation should be same as the exhalation, as to time; exhalation should be the longer, if any difference. Always breathe through the nostrils. Avoid the high chest breathing; it should always be the deep, rhythmic breathing. It produces the descent of the diaphragm which vibrates, exercises and greatly massages the vital organs.

This process vitalizes the entire system, sending healthy blood to every part. The invalid should always sit in such a position that the lungs may be expanded and the air permitted to permeate every air cell, at all times.

The accumulation of unburned food, or waste material, uneliminated, causes many of the conditions denominated disease, and will not down but by elimination.

This cannot take place without the proper oxygenation of the blood, and deep breathing is the only rational means of its accomplishment.

Freedom of circulation and oxygenation means restoration to a normal state, when disease is manifest anywhere in the body.

The necessity exists in every human being to maintain vital force in order to be healthy, and this vital force comes from food, water and air.

Without a fuel supply the fires will not burn. Unless they do burn there can be no electricity furnished; they will not burn without oxygen.

Deep breathing increases the amount of oxygen, this burns up the waste material, purifies the blood, furnishes new power to all the tissues, increases the circulation, produces more force, and in proportion to the force generated, the normal state of the system is maintained.

It is necessary also to use this force, and to direct it any and everywhere into the tissues where needed, and this can be done by the will, forcing attention to that part, and practicing the necessary exercise to insure the vital power, thus forced into the special part, to act and expend its vitalizing influence.

Activity of mind, and body, is maintained by exercise, but the exercise must not be too vigorous nor exhausting. The material from which fire is produced must be kept supplied in the form of food.

Paralysis may be relieved by sending the vital electricity into the part. Instead of nursing the paralyzed limb, it should be compelled to labor, and to receive the mental suggestion, that it shall receive the electric force into it.

The mind should be forced into it, the circulation maintained by manipulation of the kind that exercises every fiber in the paralyzed part and keeps up the flow

of electric fluid necessary to remove the pent-up, wasted debris accumulated in the part; the electricity will revitalize the deadened nervous system.

The warmed hands should be properly placed over the parts, so as to direct the current in the right place. The exercises should be repeated at frequent intervals until restoration takes place. Perseverance is an essential in such conditions.

The abdominal treatment is made by placing the hands in a position to distribute the positive force where the pain, or the general weakness is, in all stomach troubles, and when there is inactivity or constipation, place the hands along the sides over the ascending and the descending colon, take deep inhalations, force the diaphragm action regularly, and think concentratively so as to drive the electricity to the parts diseased or out of harmony.

Practice in this regard will perfect the habit, and should be continued until the individual becomes adept therein.

Great mind power means the ability to concentrate much electric energy into the reason part of the brain for the process of thinking. The greater the mind, the greater amount of energy required in the brain. To center energy into the brain for hard thinking, takes much, if not all, away from the stomach, and so decreases the power of digestion. This in turn, decreases both the fuel supply and the production of vital force-power.

The great brain worker in his thinking, hard thinking, continues to center still more energy into the brain, which again decreases the fuel, and the nerve supply. To keep up this mental concentration invariably brings on indigestion; that, in turn, develops into nervous prostration; and nervous prostration brings on heart trouble and insomnia, which, finally, result in nervous wreck.

The great mistake made by brain workers has been

and is that they center the energy of the body into the brain at the wrong moment.

In beginning concentration, take in a few deep breaths, and direct the energy to the stomach; take a full, deep breath, realizing as you inhale a mental fact—use a mental effort to center the mind into an energy directed to the stomach. This drives the electric energy to the spot. This increases the mind power, because it creates the energy from the food which comes from the digestion. This should be strictly attended to and regularly done.

It is essential to keep up the fires to have steam to run the machinery. Too much consideration cannot be given to the principles involved regarding the question of supply and demand. The food must be taken, and must be digested or it will not be assimilated, and if not assimilated the power will not be made.

To center the energies into the brain when digestion is going on, changes the order of natural law, and should be rigidly avoided, if health is a consideration. These facts observed insures a return to health as well as preservation of it.

The Stomach Treatment.

I. Lie down. If in bed, of course it is easy to apply the hands to the bare skin; if in the daytime, loosen the clothing, get the hands as near the skin as possible.

II. Breathe deeply for a few minutes; learn to breathe with the diaphragm, so that it will press down on the stomach and vital organs.

This will expand and contract the stomach muscles and walls of the abdomen, getting the vital organs into a strongly active condition, supply oxygen for digestion, and oxydation of the food. Thus the furnace will be in good order and ready to burn the fuel.

III. Rub the hands briskly together. That action will heat them and arouse latent energy throughout the

whole system. The tiny cells of the various tissues will release a great amount of energy, which can be drawn through the stomach treatment into that organ.

Now place the hands in position; remember the right hand is positive, the left hand negative (if left handed, the left hand will be positive and the right hand negative); place the positive hand over the stomach, the negative over the upper intestines.

Do not let the hands touch each other. Cross the feet or just touch them together. There is now a complete electric circuit, of which the stomach is the positive center for the electricity of the whole body.

IV. Now relax the whole body. The hands are engaged so you cannot read, and do not try to do anything, but just relax and feel the electricity flowing from all over the body into the stomach, making it do its work thoroughly.

Again relax utterly; just think how perfectly the digestion is being carried out; keep your mind on the wonderful mechanical and chemical process going on; think confident, wholesome, kindly thoughts.

You must keep your stomach alkaline. If you have "acid" thoughts you will make "acid" stomach, and spoil the process.

V. Mental. Encourage the stomach to do good work; praise its power and energy; enjoy the subtle warmth and gentle peristaltic action which you have started up in that organ. Get deeply interested in its final forces. Have full confidence in its power to perform its functions properly.

If you still feel there is inactivity of the stomach, continue to breathe deeply; control the breath; that is, as you slowly exhale, center the energy into the stomach and upper intestines, that is under the hand.

Do not worry if you cannot concentrate the mind on the process of digestion in the stomach for any length of

time. A moment or two, if rightly done, opens the connection between the brain and the stomach and is all sufficient.

Just be relaxed, restful, hopeful, and the hands will do the work all right. These methods of concentration, along with a calm, confident, peaceful and gently positive attitude of mind, will close other avenues for the escape of the electricity, and open wide the connection with the stomach, so that organ gets a full supply. Then, in turn, as the dynamo, it will create a new supply for the rest of the body.

Human Electricity.

Before eating, take three to five minutes out doors, breathing regularly. Oxygenate the blood, and then masticate the food thoroughly.

Food should be taken in small mouthfuls and thoroughly masticated. When you go to the table, allow no perplexing subject, demanding mental effort, to be introduced or discussed, to worry the brain. Lying down after eating affords time for rest and recuperation of nerves which control digestion. This should be especially regarded by invalids. A half hour in a quiet, recumbent position is sufficient, relaxing every fiber of the muscular tissue.

After lying down, take a few minutes' time in deep breathing, and rubbing the hands together, getting up a warm glow; and then apply the right hand to the stomach, above the waist line, and the left hand below the waist line, letting them remain there for half an hour or so. Right hand is positive, left negative.

Refrain from drinking iced water. Drink warm water or soup—no liquids during mastication. Relax the entire system, and assume a negative state as much as possible. Any tension interferes with normal circulation of the blood and other fluids.

An alkali and an acid, in a moist state, generate electricity; this results after friction and applying hands to abdomen, and may be increased by wetting hands in vinegar, or moisten the hands with dilute muriatic acid—the palms moistened. Placing the feet so they touch, tends to return electricity back into system.

Centering the energies on the object desired, or into intestines, relieves the constipation, by increasing peristalsis.

Eczema, headaches, and various other conditions arise from lack of proper mastication of food, causing indigestion. Bad breath, and all such conditions can be cured by proper mastication and digestion of foods.

The mental concentration, willing strongly what is desired, is an essential in persons who think, but the results will generally come regardless of the concentration, in many conditions called disease.

Direct energy from brain into stomach, then digestion follows. The principles above followed insure a quick return of health, is rational, physiologic, reasonable, and demands special attention by all who regard health and the comforts consequent therefrom.

The vital forces are maintained through animal electricity, and should be very scrupulously considered, and every means utilized to carry out the principles involved, and avoid foreign substances altogether, resorting to these natural means under all circumstances and conditions, where possible.

REGIONAL PATHOLOGY

The abdomen is artificially divided into nine regions by two lines, the upper parallel with the cartilages of the ninth ribs, the lower with the iliac crests, and by two lines from the cartilages of the eighth rib to the center of Poupart's ligament. The regions thus formed are: above, the right hypochondriac, the epigastric, and the left hypochondriac; secondly, the right lumbar, the umbilical, and the left lumbar; and below, the right inguinal, the hypogastric, and the left inguinal.

General enlargement of the abdomen may be normally caused by an accumulation of food or drink after a hearty meal, or by pregnancy. Pathologic distention is due to gases, dropsical effusions, morbid growths, and enlarged viscera.

The "pot-belly" of children is seen in cases of scrofulous affection of the mesenteric glands, and sometimes in chronic gastro-intestinal catarrh.

When the abdomen is distended with gas, there is a high-pitched note on percussion. In fluid distention there are fluctuation and a characteristic dullness. In general effusion the fluid changes position with change of the patient's posture. If the effusion is circumscribed, it indicates special visceral diseases, particularly of the liver, ovary, or kidney, according to the location.

In tympanitis, the epigastrium is quite prominent, while in ascites it is moderately flat.

Enlargement of the right hypochondrium is most frequently due to disease of the liver or gall-bladder. Occasionally, tumors of the kidneys or hydronephrosis cause swelling in this location. Such tumors lie behind the ascending colon, and their dullness is thus obscured by superficial tympany. Examination of the urine is of value in these cases.

Enlargement of the lumbar regions may be due to tumor, cyst, or abscess of the kidney.

Enlargement of the right iliac region may be due to diseases of the cecum and appendix, to fecal impaction, to tumors of the ovary, to pelvic abscesses, and to enlarged or movable kidney.

Enlargement of the epigastrium may be due to distention of the stomach, to dilatation or morbid growth of this organ, to cancer of the cyst of the pancreas, to cancer of the large intestine, to tumor of the left lobe of the liver, or to aneurism.

Enlargement of the umbilical region may be due to umbilical hernia; to rupture of the abdominal muscles; to floating spleen, kidney, or liver; to tubercular disease of the omentum or mesenteric glands; to dilatation after a full meal; to cancer of the stomach, liver, or gall-bladder, particularly on the right side. Disease of the pancreas and spleen, and effusions into the lesser peritoneal cavity may cause swelling, beginning at the left side. The vertebrae may project and cause tumors in this location.

Enlargement in the hypogastric region may be caused by distention of the bladder, by pregnancy, by tumors and cysts of the uterus. It is common, also, in dilatation and prolapse of the stomach, in which conditions the lesser curvature of the stomach can readily be outlined. Dropsy may also cause enlargement in that region.

Enlargement of the left hypochondrium may be due to enlargement of the spleen, to movable kidney or tumors of the kidney, to effusions into the lesser peritoneal cavity, and to dilatation or carcinoma of the stomach.

Enlargement of the left iliac region may be due to malignant tumor of the sigmoid flexure, to twisting of the bowel on itself (volvulus), to fecal impaction, and to causes of enlargement on the right side that are anatomically possible in this location.

The movements of abdominal swellings with the

movements of respiration indicate that they are probably connected with the diaphragm, and depend on disease of the liver or spleen, as other organs have no normal attachment to the diaphragm.

Pulsation of the abdominal aorta may, sometimes, be observed in aneurism of this vessel. Pulsation of the liver is occasionally seen in tricuspid regurgitation.

The skin of the abdomen is the seat of the specific eruption of typhoid fever.

Retraction of the abdomen is seen in extremely thin and emaciated persons, in cholera, dysentery, and similar diseases. If the retraction is associated with marked rigidity and pain, we may suspect hepatic, renal, or metallic colic, or the beginning of peritonitis.

In the second stage of tubercular meningitis of children there is retraction of the abdomen.

Alteration in movement of the abdomen.—Restricted: (1) by tight lacing, or tight clothing; (2) certain diseases, as tuberculosis; (3) ascites; (4) abdominal tumors; (5) paralysis of the diaphragm, which causes retraction of the abdomen during inspiration.

Palpation of abdomen.—The patient should lie on the back, with the shoulders elevated and the knees drawn up. Turning the patient from side to side facilitates palpation of the internal organs.

The presence or absence of pain upon pressure is important. In all forms of colic, pressure relieves pain, while in acute inflammatory processes, pressure increases pain. The pain of an inflammatory condition of a serous membrane is sharp and cutting, while pain of an inflammation of a mucous membrane is usually dull.

Percussion of Abdomen.—The patient should always be in the same position as for palpation. The character of the note should be considered, whether dull, flat, or tympanitic, depending upon the amount of air present. The boundaries of the different organs are determined by the abrupt change of note.

Auscultation of abdomen is particularly applicable as a diagnostic measure in aneurisms of the abdominal aorta and in detecting the fetal heart-sound.

Diffuse abdominal pain may be due to peritonitis, rheumatism of the abdominal muscles, or hysteria.

Localized abdominal pain is usually felt directly over the part affected. Abdominal pain is sometimes referred, from some other part, through nerve filaments. Neuralgia is recognized by the intermittent character of the pain and the well known points of tenderness, and by the associate anemia.

Acute abdominal pain points to inflammation, perforation, gastralgia, enteralgia, or occlusion of some of the numerous abdominal channels.

Sudden and severe pain is usually due to traumatism, perforation, or colic. In colic the pain is paroxysmal, and each spasm may be attended by vomiting, rapid pulse, cold sweat, and more or less collapse.

Persistent abdominal pain results from various visceral diseases, chronic peritonitis, ulcers, gastro-intestinal neuroses, diseases of the vertebrae, or abdominal aneurism. In vertebral disease, and abdominal aneurism, the pain is intermittent and located about the navel.

CHEST EXAMINATION

It is important to know conditions inside the chest walls. For the purpose of physical examination the chest is divided into three general regions—**anterior**, **posterior**, **lateral**.

The anterior region is subdivided into the **clavicular**, **supraclavicular**, **infraclavicular**, **mammary**, **inframammary**, **upper sternal**, and **lower sternal** regions.

The clavicular portion is covered by the clavicle. **The supraclavicular region** is above the clavicle, and contains the apex of each lung, with portions of the subclavian and carotid arteries and subclavian and jugular veins. **The infraclavicular region** extends from the clavicle to the lower border of the third rib, and from the edge of the sternum to a line drawn vertically from the junction of the middle and outer third of the clavicle. It contains the upper lobe of the lung and main bronchi; on the right side, the superior vena cava and part of the aortic arch; and on the left side, a portion of the pulmonary artery.

The mammary region extends from the lower border of the third rib to the upper border of the sixth rib, and from the edge of the sternum to the vertical line previously mentioned. **The nipple** is usually placed in the center of this region, between the fourth and fifth rib. This region contains, on the right side, the right lung, part of the diaphragm, a portion of the right auricle and right ventricle; on the left side, the lung and a small part of the right ventricle.

The inframammary region extends from the sixth rib to the margin of the false ribs, and from the edge of the sternum to the vertical line. It contains, on the right side, the liver and portion of the lung on deep inspiration;

on the left side, the left lobe of the liver, stomach, and a part of the spleen.

The upper sternal region extends from the supra-sternal notch to the junction of the third costal cartilage with the sternum. It contains the ascending arch of the aorta, portions of the superior vena cava, the innominate veins, subclavian arteries, esophagus, and the trachea.

The lower sternal region extends downward from the junction of the third costal cartilage with the sternum. It contains portions of the lung, right and left ventricles, liver and stomach.

The parasternal line is the vertical line drawn midway between the sternum and the mammary line.

The posterior region is subdivided into the scapular, infrascapular, and interscapular regions. **The scapular region** is covered by the scapula and contains the greater portion of the lung.

The infrascapular region is bounded above by a horizontal line drawn across the inferior angles of the scapulae; below by the twelfth rib; internally by the vertebrae; and externally by the posterior border of the lower axillary region. It contains, on the right side, a portion of the lung, liver and kidney; and on the left side, a portion of the lung, intestine, spleen, kidney and descending aorta.

The interscapular region lies between the scapulae and the vertebrae, from the second to the sixth. It contains portions of the lungs, bronchi, esophagus and descending aorta.

The lateral region is divided by the sixth rib into the axillary and infraaxillary regions. **The axillary region** corresponds to the upper lobes of the lung and main bronchi. **The infraaxillary region** lies between the axillary region and the edges of the false ribs. It contains the lung and liver on the right side; on the left, the lung, stomach, and spleen.

Physical Examination.

By inspection, changes in size, form and symmetry of the chest, and the rhythm, frequency, and force of the movements of the walls are noted. A **phthisical chest** is small; the thorax is long and flat; the ribs are oblique, the scapulas project, and there is the formation of an acute angle by the divergence of the costal margin from the sternum.

In a **richitic chest** the sternum is prominent; the sides of the chest are flattened, and there are often nodules along the sternal ends of the ribs.

In the **emphysematous chest** the thorax is short, with the antero-posterior diameter as long as the transverse; the chest is barrel-shaped; the ribs are at right angles to the sternum; the chest moves as if in a solid piece. **Palpation** detects tenderness, edema, tactile fremitus, and limitation of expansion.

Fremitus—palpable vibration—is increased where the chest walls are thin and in consolidation, as is found in pneumonia and tuberculosis, and is diminished where there are thick chest walls and in pleural effusion.

Percussion may be performed by directly striking the chest (this is called immediate percussion), or by striking some interposed substance (mediate percussion). The acoustic properties of the percussion-note are **intensity, pitch, duration, and quality**. The quality of the note depends upon the presence or absence of air. A **resonant sound** indicates the presence of air; **dullness** indicates a more dense medium.

Hyper-resonance is observed in cavities, emphysema, pneumothorax, distended colon, or stomach, and over a portion of the lung above the line of pleural effusion, and above the line of consolidation, in the early stage of pneumonia. **Tympany** is a hollow, drum-like sound. **Crack-pot resonance** is a modified tympany, detected over a cavity, or in pneumothorax.

Dullness, or flatness is present in congested or consolidated lungs. Auscultation is **mediate** or **immediate** and detects alterations in the respiratory murmur, vocal resonance, and adventitious sounds, rales, and friction sounds.

The respiratory murmur may be modified in intensity, rhythm, and quality. The modifications of **intensity** are puerile, exaggerated, or feeble respirations. The modifications of **rhythm** are asthmatic, emphysematous, and clogged-wheel, or jerky respirations.

The modifications of **quality** are **bronchial**, cavernous, and amphoric breathing. **Bronchial breathing** occurs in lobar pneumonia, phthisis, compensatory emphysema, tumor, syphilis, and infarct (an obstruction, or a plug). Both inspiration and expiration are harsh, and have a high-pitched (tubular) character. **Cavernous breathing** is low-pitched and blowing in character, and is heard over cavities. **Amphoric breathing** is similar to the sound produced by blowing gently over the mouth of an empty jar. It is present in phthisical cavities, pneumothorax with patulous opening, and localized consolidation near a large bronchus.

Auscultation of the voice.—Vocal resonance is increased over the apex of the right lung in health and in phthisical and pneumonic consolidations. It is diminished in thick chest walls, pleural effusions, emphysema, and pulmonary edema. **Bronchophony**, or exaggerated vocal fremitus, occurs in phthisis.

Pectoriloquy, the complete transmission of the whispered words to the ear, is heard over phthisical cavities and in pneumothorax when the lung is patulous. **Egophony**, in which the voice has a nasal, trembling sound, is heard at the upper border of dullness in pleural effusions.

Adventitious sounds, or accidental, foreign or acquired, include rales, metallic tinkling, and pleuritic friction

sound. Rales may be dry or moist. Dry rales occur in bronchitis and asthma, and may be low-pitched, snoring sounds (sonorous rales) or high-pitched, whistling sounds (sibilant rales). **Moist rales** are produced by the passage of air through liquid, and may be crepitant, sub-crepitant, or gurgling in character. Crepitant rales are extremely fine and occur at the end of inspiration; they are heard in the first stage of pneumonia and in engorgement and edema of the lungs. Sub-crepitant rales are comparatively few in number, are heard during inspiration and expiration, in capillary bronchitis, pulmonary edema, hypostatic pulmonary congestion, and incipient phthisis. Gurgling rales may be large or small, and are heard during inspiration and expiration, in phthisical cavities, bronchial hemorrhage, and over the trachea.

Metallic tinkling is a bell-like sound heard in pneumothorax and phthisical cavities, and is caused by the dropping of a liquid through the space inclosed in tense walls.

The succussion splash is produced in pneumothorax when the patient is suddenly shaken. Pleuritic friction sounds are heard during inspiration and expiration, and do not pass away after coughing. They are pathognomonic of pleurisy.

Mensuration consists in the measurement of the chest to determine unilateral enlargements or depressions of the chest.

Succussion.—This method is practised by suddenly shaking the patient and auscultating the chest, when, if fluid is present, as in pneumohydrothorax, a splashing sound is heard. Amphoric respiration is usually heard.

We sum up the definition of the physical sounds, according to Da Costa, as follows, omitting details: When on percussion there is a clear sound, the lung tissue will be healthy, or nearly so; at any rate, no increased density from deposits, etc. When there is a dull sound on per-

cussion, we will find bronchial, or harsh respiration, solidification of pulmonary structure, or absent respiration and effusion into pleural cavity. When we have a tympanic sound in the lung, there will be increased quantity of air in the chest, due to a cavity or to over-distention of the air cells. When there is amphoric or metallic sound, we will find a large cavity with elastic walls. When there is a cracked-metal sound, there will generally be a cavity communicating with a bronchial tube.

The above is a summary from various pathologists in a small compass, and those interested in diagnosing lung troubles will find it highly useful and greatly beneficial in arriving at a correct diagnosis.

The majority of lung troubles being caused by the circumscription of the chest walls, it will become a matter of interest to apply the means recommended in this volume to relieve the conditions causing the trouble, and thus afford relief to the one afflicted.

THE ELEMENTARY CONSTITUENTS OF THE HUMAN BODY

In nature we have four cardinal elements—Carbon, Hydrogen, Oxygen, and Nitrogen. Some one or more of these enter into the food eaten to make up the physical structure we call bone, muscle, cartilage, tendon, etc., and these are so combined that perfect harmony, in a normal condition, exists.

In addition to these four cardinal elements we have Sulphur, Phosphorus, Chlorine, Calcium, Sodium, Potassium, Magnesium, Iron, Silicon, Lithium, Manganese, Fluorine.

It is said by physiologists that oxygen enters into the fluids of the body in a comparatively free state, either in solution or loosely combined.

Nitrogen is found dissolved in the fluids; hydrogen occurs as a product of decomposition in the alimentary canal.

Each of these elements is composed of special chemical equivalents, and all combined are said to embrace all of the chemical constituents or elements of the body.

It is said that the smallest atom of either of these elements is capable of producing changes in a gland; so that it is a matter inconceivable, as to what influences one is constantly exposed, were it not that the body is controlled by mind, and that mind sees to it that every molecule, even every atomic cell, is superintended and so arranged as to prevent friction throughout the body, that this same care is maintained from infancy to an indefinite number of years.

The mind so directs every possible change in the re-

lationship of every part of the body that each particle is enabled to maintain its proper function without disturbing other parts, however intricate and important; every chemical change that takes place in the body conduces to its repair and waste, no friction occurs, unless some abnormal element is introduced, or some outside and unnatural influence is brought to bear which disturbs the normal harmony as designed by an all-wise Creator.

It is strange that a system composed of so many atoms and so marvelously complicated, should continue to be the abode of mentality so long. Were it not that that overruling power we call Deity, who knows all things, sees all things, mankind would not have been; but as God has seen fit to create him, He has never left him nor forsaken him; but the same mind that He imparted to him when He breathed into his nostrils the breath of life, has superintended him, in all his parts, from that moment till now.

Three Nervous Systems.

The body has, distributed throughout every tissue, three nervous systems, namely: the Motor, the Sensory, and the Sympathetic Nervous systems. These are so arranged that they have direct communication with each other, so that mental communication is had throughout the entire body, all the time, whether one is awake or asleep. This is the natural order, if a normal condition is maintained, and no disturbing element introduced.

Disturbance of any sort, anywhere in the body, causes inharmony—disease—if allowed to continue. The system has a marvelously self-preserving power of righting itself, of resisting and warding off approaching, incompatible influences, which cause abnormality in the body. When every organ is normal, and is properly cared for, disease is an impossibility, even malignant, epidemic, endemic or contagious; for such a condition is immune from disease.

The above declarations relating to a normal condition,

furnishes us with what is denominated a physiological state, and furnishes one with a data from which to determine abnormal, or pathological conditions. Any deviation from a normal condition, being unnatural, abnormal, incompatible, produces inharmony throughout the body, if left to itself; the body not having strength to right the wrong within itself, the inharmony will result in disease, and finally death of the body.

It is not enough to have the bones and muscles all properly adjusted, in order to have harmony (while that is an essential); there are other things to consider in the matter of harmonious co-ordination of the body to maintain that condition denominated health.

While contracted muscles may obstruct the circulation of the fluids of the body, press with unnatural force upon nerve filaments, and interfere with their normal functions, the food question should not be lost sight of.

When the proper, normal constituents of the blood are deficient in elements, the conditions are but little ameliorated by any sort of physical manipulations, medicines or appliances, until the proper elements are supplied by the food, which contains the normal elements, is later digested and assimilated.

Every condition affecting the person physically, mentally, morally or spiritually, must be regarded by the healer, should be especially and scrupulously considered and met, in order to bring about normal conditions.

The mechanism of the physical organism is so complicated that even the smallest detail in its relationship with itself and its environments should be duly considered, excesses removed, deficiencies supplied, and the mental state should always receive especial consideration; because the mind, it will be understood, controls the body, and "as one thinketh, so is he." One's thoughts have to do with his physical and mental welfare, are always the controlling factor in the welfare of the entire life of the body,

for, without mind to control the body, it would soon die and return to its original dust.

As long as harmony exists in the body the functions of every part are normally performed. Interference with the functionaries causes friction; undue irritation or over-use of any organ, if persisted in, will produce inharmony, exhaustion, disease. To arrest nerve waste, stopping the friction generally restores harmony, and disease, caused by loss of nerve power, is abolished, nature asserts its wonted and accustomed order.

Without recognizing these factors in the production of disease, one is not properly fitted to be entrusted with the care of the afflicted. The adjustment of the person with the environments means a normal state. The proper food, air, water and habits, right thoughts and business should be duly regarded in all cases, with all people, in order to maintain health.

A deficiency in food elements lessens the power derivable therefrom, and weakness of the entire system is the consequence.

The breathing apparatus—the lungs—may be normal, but if the air breathed is impure, or the nervous system enervated so that sufficient force cannot be exercised to inhale the air, oxygenation does not take place, the result is, the blood returns to the system impure, its carbon-dioxide remaining in it, hence the normal functions are not performed, disease may occur at any place, or in any form or character in the body, due to the absorption of toxin and retention of poisonous elements which should have been eliminated through proper breathing.

The system having, normally, about 70% water as its main constituent, should have this element steadily, normally introduced and maintained, in order that freedom of the distribution of the elements may take place throughout the body. There is water in all of the tissues, blood, bone, cartilage, brain and nerves. Without a suffi-

cient amount of water be supplied at all times, from some source, the solution of certain chemical elements will not take place, friction will be inevitable, disease may be a consequence.

Exercise is so essential to the maintenance of the circulation that it cannot be neglected without deleterious results ensuing, such as stasis of the fluids; lack of exercise will produce weakness from lack of oxygenation of the blood. This generates toxic poisons in the tissues, and disease is a consequence.

The proper thoughts should always be maintained, evil thought abandoned, for "As one thinketh in his heart, so is he." Hence to feel well one must have and hold in mind good thoughts. Pessimism, anxiety, worry, hatred, anger and fear are the sources of more than half the troubles of this life, and cause many diseases that shorten life. They decrease the pleasures of life in every way. Hence should be avoided.

Food loses its assimilative power through anxiety, anger and fear. It will not be digested properly when the mind is occupied in serious or intent thought on business. The system will suffer the loss of strength, become anemic, and neurasthenic as a consequence of neglecting to be quiet and relaxed, as well as abandoning all business and serious thoughts while eating, and for a reasonable time after meals. "Eat your food with gladness and singleness of heart," is the Divine admonition. This is absolutely important at all times.

In order to properly build up the body there must be proper food eaten. The food must be properly masticated, combined, duly proportioned, eaten at stated and regular intervals, to be properly digested. The glandular system must be in condition to perform the work of secretion in the various localities along the alimentary canal.

Under these conditions it is reasonable to expect normal digestion, proper assimilation which results in build-

ing up normal tissue, and maintaining that condition denominated health.

Health is a product, as is disease. The one is the product of right living, the other of wrong living. Intelligence, properly directed, chooses the right way, all things being equal, continuing in the right course; health, longevity, happiness and contentment follow as effects follow causes.

A haphazard, slipshod method of living is an uncertain, unintelligent way to live. **Everything in this world is under law.** Where the law relating to health is observed, harmony prevails, all of its beneficent consequences follow. The consequences of violated law are inevitable, because it produces inharmony. Inharmony produces friction—that is, it disarranges the natural order of things.

THE CHEMICAL ELEMENTS OF THE BODY

The blood contains the material for every tissue in the body. It supplies nutriment to every organ, enabling it to perform its individual function; it is, indeed, a microcosm, able to supply every possible want to the animal economy.

The Inorganic Chemical Constituents.

The material for the nerves are magnesium, potassium, calcium, sodium and ferric phosphates (iron phosphates) and potassium chloride.

Muscle constituents are the same as above and ferric phosphate. The connective tissues contain for their specific substance, silica and calcium phosphate, while that of the elastic tissue and bone surface is calcium fluoride.

The constituents of bone are magnesium phosphate, and a very large proportion of calcium phosphate. Calcium phosphate is found in small quantities in the muscles, the nerves, the brain and connective tissue.

The brain also contains potassium and sodium phosphate. Cartilage and the mucous membranes have for their specific inorganic material sodium chloride, which occurs in all solids and fluids of the body.

The hair, skin and nails contain silica; the crystalline lens contains, among other inorganic substances, also ferric (iron).

The intercellular fluids contain potassium chloride, sodium and calcium phosphates, and all of the sulphates. Potassium sulphate is in all the structures. The carbonates, as such, are without any influence in the process of the formation of new tissue, or cell formation.

The oxygen of the air, upon reaching the tissue

through the blood by means of the respiration, acts upon the organic substances which are to enter into the formation of new tissue. The products of this action are the organic materials which form the physical basis of muscle, nerve, connective tissue and mucous substance; each of these substances is the basis of a particular group of cells, to which, by means of chemical affinity, the above mentioned cell-salts are united, and thus new tissue is produced.

With the production of new tissue there occurs at the same time a destruction of the old tissue, resulting from the action of oxygen on the organic substances forming the basis of these cells.

This oxydation has, as a consequence, a breaking down of the cells themselves. The ultimate results of this combustion of the organic substances are the formation of urea, uric, sulphuric, phosphoric, lactic, and carbonic acid, also water.

There are many intermediate members of the series, as, for instance, hypoxanthin, acetic, and butyric acids, etc., but they need not be mentioned with this therapeutical method, because, so far as our present knowledge of them extend, they play a very subordinate role.

Urea, uric acid and sulphuric acid are the result of the oxygenation of the albuminous substances, while phosphoric acid is produced by the oxydation of lecithin contained in the nervous tissue, brain, spinal cord, and blood corpuscles. Lactic acid results from the fermentation of milk sugar, and finally breaks down into carbonic acid and water.

Sulphuric and phosphoric acids unite with the bases of the carbonates, forming sulphates and phosphates, and set free carbonic acid.

By means of the presence of sodium phosphate in the system, lactic acid is decomposed into carbonic acid and water. This salt has the power of holding carbonic acid

in combination, fixing it, and does this in proportion of two parts of carbonic acid to one of the phosphoric acid which it contains.

This combination is carried to the lungs, and there, by the action of oxygen from the inhaled air, the carbonic acid is set free from its loose union from sodium phosphate, is exhaled and exchanged for oxygen.

Uric acid is kept in solution in the blood by the presence of sodium phosphate, and is eliminated as such by the kidneys.

When this acid loses its solubility from the lack of sodium phosphate, it combines with the basis of sodium carbonate, and forms urate of sodium, which is insoluble. When this is deposited around joints, it gives rise to gout and acute articular rheumatism.

Sodium phosphate serves to saponify the fat, or probably emulsify it. This salt can also take up albumen, besides the above-named acids.

Albumen behaves itself like an acid. By the reason of the property of taking up albumen, the sodium phosphate can carry on resorption of pathogenic deposits of albuminous substances. It cures scrofulosis, glandular swellings, lupus, incipient tuberculosis, etc.

Disturbance of the molecules of sodium sulphate in the intercellular fluids may be followed, according to its duration or extent, as well as its location, by retarded removal of the water of oxydation and its dissolved or suspended matters. This implies consequent liability to bilious vomiting, diarrhoea, erysipelas, diabetes, etc.

It is interesting to note that sodium sulphate and sodium chloride act in opposite ways; for while the former—the sulphate—removes from the tissues the water, according to the process just described, the muriate—the common salt—enters the tissues dissolved in the water from the blood plasma, in order that the requisite degree of moisture proper for each tissue may be maintained.

The final products of the oxydation of the organic substances are urea, carbonic acid, and water. These, together with the salt set free, leave the tissues, and thereby give place to less fully oxidized organic bodies, which, in turn, undergo finally the same metamorphosis.

The products of this retrograde tissue change are conveyed through the lymphatics, the connective tissue, and the veins to the gall bladder, lungs, kidneys, bladder and skin, are thereby removed from the organism with the excretions, such as the urine, perspiration, feces, etc.

The importance and the dignity of the function of the connective tissue has been established since the researches of Virchow, Moleschott and Von Recklinghausen have led to its closer study and proven its fertile activity.

What formerly seemed only intended as a filling in, or protective covering, appears now as the matrix in which the minute capillaries carry the plasma from the blood to the tissues and return the same to the blood vessels; at the same time serves as one of the most important generation of young cells, which are capable of developing out of the embryonic tissue elements into the most differentiated structures of the body.

Inasmuch as the elementary constituents are derivable from the food eaten, it becomes an essential consideration as to what is eaten, what proportion of nutrient material the food consumed contains.

The nutritive value of foods depends mainly upon the amount and proportion of actually nutritive materials which they contain.

The chief uses of food, then, are two: first, to form the material of the body and repair its wastes; second, to yield heat to keep the body warm and muscular and other power for the work it has to do.

In forming the tissues and fluids of the body the food serves for building and repair. In yielding heat and power it serves as fuel. The different nutriments of food serve

the body in different ways. The ways in which our food nourishes us may be briefly summarized as follows: It either is used to form the tissues and fluids of the body; to repair the waste of tissues; or is stored in the body for future consumption; is consumed as fuel, its potential energy being transformed as heat or muscular energy, or other forms of energy by the body; or, in being consumed, protects tissues or other food from consumption.

We have then to consider the kinds and amounts of nutrients in different food materials, their digestibility, and the kind and amounts needed for nourishment by people doing different kinds of work. Hence their chemical constituents are of special importance for consideration.

The foods contain the natural elements of the body; when selected and properly combined, masticated, and digested, are converted into the chemical combinations needed to supply nourishment for every organ in the body.

If the food contains the elements, the system appropriates them, and the body is renewed through the process of chemical assimilation of the food.

Note:—Those especially interested in the properties and uses of the Schussler Tissue Elements, can obtain a pamphlet of any Homoeopathic Pharmacy, which will give ample description of them, and how to use them in the treatment of diseases caused by a deficiency of elements in the blood.

Unless the articles of food contain the normal constituents of the blood, the system soon becomes enervated, disease or inharmony results. If there is a deficiency of chemical elements in the body, it is due to deficiency of those elements in the food eaten.

If an excess of food is ingested, it interferes with digestion, the excess serves as an irritant, over stimulating the organs which generate the secretions, producing an excess, causing enervation of the nervous system, or causing chemical changes in the alimentary canal, gas for-

mation, distention and undue pressure, with all of its evil consequences.

Much inharmony is traceable to the digestive tract, the result of errors in diet.

The question of diet demands special consideration in every condition, whether sick or well. Errors in diet cause sickness. Correct feeding preserves health. Disease originates in excess, wrong combinations, lack of proper mastication; or disregard to age, climate, vocation, idiosyncrasy, preparation, mentality, and the object to be accomplished in eating.

Circumstances and conditions of each and every individual have to be considered; the kind of food selected which meets the indications is the proper course to pursue.

One can maintain perfect health by a proper selection of diet, eating the proper quantity, at the right intervals, and under the proper mental and physical conditions.

The sick may be restored to health, without other means, so far as nourishment is concerned, and without medicine or drugs. Inasmuch as errors in diet cause many of the ills to which humanity is subject, it is reasonable to conclude that leaving off the use of the foods which caused trouble, using the kind which supply the deficiency of the elements which is causing the abnormal condition, health will be restored.

Through the alimentary canal, situated at the beginning, and at certain localities, are special functionaries which prepare the food for assimilation; when each and every division performs its allotted task, the food is digested—converted into healthy blood, so that the entire body is rebuilt, rejuvenated, and the normal condition is thus maintained from youth to old age.

The system must be in a condition to secrete the elements in the glands to mix with the food—in the mouth; in the stomach; in the pancreas; in the liver—or the digestion is either interfered with or entirely arrested.

It is unwise to take food of any kind into the stomach, when the system is not in the condition to digest it. It is proper to abstain from eating any food when it does not agree with one, and decidedly necessary to abstain from all foods until the system is in a condition to take care of it.

Food taken under conditions where digestion is impossible, is only a foreign substance, an irritant, a tax, a depressant; it is absolutely injurious, even dangerous, as it often precipitates a crisis, ending in death.

Take warning: do not feed the individual when sick. He should fast, and use plenty of water—pure water is the only thing allowable to go into the stomach, until nature demands food, and she will demand it when ready for it. The diet question is one of the most important, and has a place, in the treatment of disease, whose importance has been disregarded too often, in fact, has scarcely been considered at all.

It should be absolutely understood that the human body is renewed by the nourishment derived from the food eaten, provided it has the elements in it necessary to supply the demand, and provided the system is in a condition to take care of the food—that is, get out of the ingesta the elements it contains. That can only be done when the glands and the secretory organs are in a condition to digest food.

The motto should be, "When sick, quit eating." Let the digestive organs rest. Use plenty of water to wash out the waste material, then there will be occasion for food, for the system will demand it and be ready to take care of it. Use no food during fevers, of any kind.

The proper treatment will cure fevers before the system needs food. The successful practitioner is the one who knows how to deal with the digestive organs; how to so direct his patient's diet that it will be used at the proper time, the proper quantity, and properly combined, so as to be a benefit rather than harm.

This subject is of the **greatest** importance, and the least considered, of all others, as a factor in health and in disease; and one which demands much attention.

Every other comfort in life is dependent upon health, and health is maintained by the proper care of the alimentary canal—using proper food, properly, timely, intelligently.

In the treatment of disease it will be well for the physician to take into consideration the various conditions which inhere in and belong to each individual case. Some cases require one thing, some another, and some may require many things done to restore them to health.

Some cases may only need a change in their manner of living, diet, etc., and be restored to health. Some cases may require general treatment, so as to restore the circulation of the fluids of the body. Others may require special spinal treatment, commonly called adjustment, to get well, and some may need attention regarding the accumulations in the colon, and how to remove them. Others may need the dilation of sphincter muscles, and so we find the indications in given conditions. The one who claims that all diseases are curable by one means has very little conception of the science of healing, and when his little round is finished he is at his rope's end, and if the patient is uncured, he knows nothing else to do; his patient may continue to suffer, simply because of ignorance along other lines of treatment, so that "a little learning is a dangerous thing."

Neuropathy includes and embraces every known means to right the wrongs, supply deficiencies, remove excesses, arrest nerve waste, take off the strain and pressure everywhere in the body.

If the conditions demand manipulations they should be given; if spinal adjustment, that should not be neglected or omitted; if correction in diet, that should be noticed, and strictly attended to; if flushing the colon is needed,

it should not be neglected nor omitted; if dilatation of the sphincters is needed, nothing else will supply its place, and it should receive special attention; if bathing or exercise is needed, this should be done; if heat is needed in the form of hot cloths, this should not be neglected; if fasting is the proper thing in a given case it should by all means be insisted upon, and properly carried out; if a pair of lenses are required to remove pressure or take off the strain, use them.

The physician who has but one idea is not fitted to meet the demands of suffering humanity. He should be so panoplied that every condition should receive his attention, and every known means employed which is necessary to existing demands as found in practice. The means used should be harmless, and will be if the natural means are employed. Unnatural means and foreign substances should never be employed, because they may produce irreparable damage, and are risky under all circumstances.

THE STUDY OF THE ELEMENTS AND HOW TO MAINTAIN HEALTH

The study of the elementary constituents of the human body has been made heretofore, for the purpose of ascertaining its composition for classification in the field of science, and not for determining its relationship with itself, as a living, vital organism, capable of the manifestations which concern the happiness and health of the individual.

Every atomic cell, every molecule, every element and every tissue in the body is made up of **chemical elements**, and these in definite proportion, so as to harmonize with the chemical constituents of every part of the body.

Every chemical element in the body is a product of the food eaten, air that is breathed, water drank; and if these chemical elements are maintained all the time of life, there is harmony, which is a normal state, or health.

Any deviation, modification, disturbance, or physical change, continued for any length of time not consistent with the natural order of things, causes inharmony, disease, death, sooner or later.

Food being the necessary nutrient material of every part of the body, it must be taken in proper quantities, at the proper times, and consisting of the proper chemical, elementary constituents, or inharmony results; while a normal supply taken at stated times, keeps up constant and uninterrupted harmony throughout the entire body.

Any article or articles of diet taken at unseasonable hours, in improper quantities, under improper conditions of the mental state, cause disturbance, and may result in that condition denominated pathology.

If the food administered should not contain the chemical constituents needed to maintain harmony, deleterious consequences ensue. Any condition aside from a normal condition, may be the legitimate result. One may have nervous exhaustion so that the nerves may not perform their wonted functions; one may have indigestion as a result of the enervation of the nervous system; one may have any disease that is named in the catalogue of pathology, simply as a result of a deficiency of one or more of the elements in the articles of diet used.

The normal supply of the proper food, at the right time, which contains all of the elements needed, is the natural remedy. That which keeps up the supply of the elements contained in the body, will keep it in a normal state, and restore the harmony when out of tune.

It is necessary that foods containing the normal elements of the body be eaten in order to renew the body and keep it in a normal condition, or the entire system will become diseased.

If food contains too much of the building-up material, the excess must be gotten rid of, or chemical changes will take place, gas will be formed, and uneasiness, unrest, inharmony ensue.

If the wrong combinations are ingested, too frequently, the system becomes taxed with its efforts to get rid of the excess, and unnecessary exhaustion of the nervous system ensues; this tends to inharmony throughout the body. If the food contains too much starch, too much energy is created, and vitality is lowered because of its evanescent influence. If too much carbonaceous foods are eaten, the body takes on too much adipose tissue.

If too much acid is taken into the system the body is weakened, gas is formed, producing distension of tissue, obstruction of the lumen of fluid-carrying vessels, stasis of the fluids, precipitation of acid crystals, hence irritation, disease and pain ensue.

If too much phosphatic foods are ingested, the brain becomes too much irritated, and general exhaustion ensues.

Thus we are what we are, largely, from what we eat, how we eat, when and what the compounds are we ingest into our alimentary tract.

All foods should be thoroughly masticated, thoroughly mixed with the saliva in the mouth, and the body should be free from exhaustion, the mind at rest. Give the digestive organs time to digest its rebuilding material before it is directed to some other pursuit. Eating should not be done in haste, nor while one is mentally disturbed, or after physical exercise, until a little rest is had.

Soups should have something solid in them, so as to secure thorough mastication, for all foods should be masticated, and mixed with the salivary secretion before it is allowed to pass into the stomach.

Water is the only fluid which is allowable to be drank without chewing. Starchy foods should never be eaten with strong acids. The kind of food to be eaten depends upon conditions, vocation, age, habits, as regards quantity and combination.

Inasmuch as all of the organs, bone, nerve and tissue of the body are products of the food eaten, and through proper digestion and assimilation it is replenished from day to day, it becomes a matter of intense interest and importance as to what we eat, how we eat, and the combinations of the food eaten. The successful physician is the one who exercises due regard as to the diet of his clientele, for everything depends upon assimilation and the normal elimination of the waste material—the product of used material.

Some Special Statements Regarding Foods.

Food of the right kind, amount and quality are essential considerations, as are also sufficient warmth, proper clothing, pure air, proper exercise, cleanliness, the right

kind and amount of work, proper shelter and surroundings, sunlight and peace of mind.

As the largest share of our comfort and health comes from our food, it is of primary consideration.

The sickness and distress of the human family are consequences of unsuitable food, eating too much, too often, too fast, and from mal-nutrition.

The disposition of individuals is usually the result of eating, persistently, certain kinds of food; for we are made up of what we eat and assimilate.

We should eat the kind of food that furnishes health and strength, which affect the disposition toward moral, intellectual and spiritual things, thus cultivating a higher standard as nearly as possible.

The best kinds of food, in a general way, are the cereals, fruits and nuts. How much, how often, and what to eat are questions of great importance, and must be decided by each individual, as the needs, the capacity and the ability of the digestive organs to care for it are to be especially considered.

The most nourishing foods are the most economical; such as barley, corn, whole wheat bread, rice, oatmeal, nuts, beans (dried), peas, lentils, and a whole list of plain, natural foods. These foods contain the most nourishment, digest easily, and cost much less than most other food products.

One should not become a slave to the appetite, but eat such food as shall conduce to the nourishment, health and comfort at the least cost.

The Combinations of Foods.

Those with weak digestive organs should not, as a rule, eat fruits and vegetables together, at the same meal, nor should they eat fat or fried foods.

Fruits and cereals are best suited for the morning meal; and really better for the evening meal also. If

fruits are eaten, eat them before meals rather than at the end of the meal.

Most vegetables are better eaten at the mid-day meal. Cereals and fruits are preferable for food in warm weather, while fats, and meats, are better adapted for food in cold weather. **Do not eat tomatoes with fruit**, but they may be eaten with almost anything else.

All grains and vegetables should be thoroughly cooked, and the best way to cook them is to use a double boiler or place them in a separate dish, covered moderately tight, place that vessel over another one, putting water in the larger vessel, then place it over the fire, and let the article, whatever it is, in the smaller vessel, cook until it is thoroughly done. This way of cooking retains the flavor, juices undiluted with water, and makes it tasteful, delicious, natural.

Whether meat, vegetable or cereal, this way of cooking is decidedly the best. It is economic, costs less for fuel, saves time in the kitchen, and gives the housewife time to look after her domestic affairs while the victuals are cooking. If a fireless cooker is used, one can cook a whole meal in it at the same time, and it can be done while the family is at church, or out strolling around for a half a day, if desired; and the strength of the food is retained, hence economical.

Dishes, holding each article separately, may be provided, so that it retains its osmazome, makes it easier of digestion, tastes natural.

The time of digestion depends upon how the food is cooked. The toughest meat can be thoroughly cooked in the above manner, making it tender, palatable, digestible, nourishing.

Meats may be placed in a hot vessel, seared over the surface, placed in the vessel as above described, then placed in the fireless cooker, and the cooking completed.

The seasoning of foods may be according to the taste

of the individual. It is better not to use condiments, except a little salt, on account of their stimulating properties, and the tendency to create an appetite for stronger stimulants; when used with meats, and the meat largely indulged in, the tendency is to cause rheumatism, gout, and kidney troubles.

The food which grows above ground is supposed by some to be most healthful. The elements of the body are found sufficient in the food eaten; a resort to other sources for them, as a rule, is not necessary, as the natural method of replenishing the system, is the better way.

Cold drinks, ice-cream, soda water and all such things are injurious, and to be healthy, one should leave them out of the dietary, as a rule.

The object of eating should not be lost sight of, for one should eat to live, and not simply make a business of eating because victuals taste good. Eat to maintain health, to cure disease; to maintain life in the best possible way, so as to be happy and useful to self and the world.

The kind of food we eat, the how we eat it, has everything to do with effects. The best means to promote health, is to use moderation in all things, in all ways.

HOW AND WHAT TO EAT—THE PROBLEM OF THE AGE

We Are the Products of What We Eat.

Without food we could not live. With food we cause many of our ills.

With the proper use of food, we may cure many known conditions called disease.

The various constituents of which the body is composed, are chemical elements. These chemical elements are derived from the food eaten.

The blood is the product of the chemical changes, and is a chemical compound. From these chemical elements every tissue in the body is formed.

A disturbance, or a change in any part of the body, is a chemical change. The disturbance is due to unnatural chemical changes in some of the elements.

Normal changes produce no inharmony, the life and functions of the body are maintained. These are designated physiological conditions, natural, harmonious.

The various chemical changes in the body are due to the changes of food eaten. All kinds of foods are composed of special elements, chemically combined, and in exactly definite proportions of chemical equivalents.

Each and every kind of food has its own specific chemical elements, and is named because of these elements being in certain proportions, or equivalents.

The foods derive these elements from the soil, sunshine and the atmosphere. These foods are animal and vegetable. The animal foods derive their elements from the vegetable, but each possessing certain chemical elements in due quantity.

The human body derives its sustenance from these sources; through the control of mind, makes unerring selections for its normal proportions and constituents.

Each article of food consisting of certain chemical elements, there must be more than one article to supply the demand required to maintain the entire physical organism; these must be resupplied at stated times, so as to replenish the waste which is going on.

THE FOOD QUESTION

The body is composed of chemical elements; so is food; when the chemical changes take place normally, in the body, there is health, harmony.

The building-up process is carried on by the conversion of food into blood. The blood is the changed product from the food eaten; it is what builds up the various tissues in the body, furnishing every element in due proportion.

No foreign substance is normally admissible; neither is any equivalent added to the normal constituents admissible, without producing chemical changes in the entire organism, causing inharmony.

Inasmuch as the inharmony is a result of chemical changes, and that through the addition of unnatural chemical elements, and these may be introduced by food containing more or less of the natural elements if taken in excess, is it not reasonable that, when unnatural food is introduced into the system, a process of elimination, or getting rid of the unnatural elements, must take place before the harmony can be restored?

The natural law of exchange prevails in the body, as well as everywhere else in nature—the law of growth and decay—and these are fixed laws, unalterable.

Inasmuch as sickness is a product of chemical changes in the body, and all these changes are due to the ingredients received in the body in the form of food, and that some kinds are compatible at times and incompatible at other times, being accepted without disturbance sometimes and rejected at other times, is it not suggestive of the causes of many ills being the food eaten?

Certain foods contain more, and some less, of the

chemical elements needed in the body; either a **deficit** or a **surplus**, causes disturbance. Is it not wisdom to study the elements in food, and to ascertain through physical signs the effects caused by these excesses or deficiencies?

If we know the effects of the kind of food eaten, their chemical changes in the physical structure, and know the symptoms produced, whether it be a **diminution** of the **vital forces** in the form of **cold**, or **excessive temperature**, can we not use food to supply deficiencies, as well as to **eliminate** the **waste material**, and thereby restore the system to a normal or harmonious condition?

This is the problem of the age, and when we shall direct our attention to this subject and learn how to eat, when to eat, and what to eat, under the various conditions of life, we will ward off much sickness.

FOOD

"The daily requirements of food are five ounces of solid nitrates for the muscles, twenty to twenty-one ounces of carbonates for animal heat, two to three per cent of phosphates for bones and for nerve power, with waste and water to give it bulk, and acids to eliminate the effete matter from the blood through the liver and other organs, and this food must be cooked and prepared so as to be eaten with a relish, and not to be too easily digested.

"One needs food in amount of bulk sufficient to produce a proper degree of tension, or distension, else the digestive process cannot go on properly. The normal condition (that condition which has not been perverted by condiment, over feeding, incompatible combinations, foods having too much or too few of the chemical elements needed to supply the demands) will crave, or desire, the kinds of food needed, will be satisfied, thrive, and be healthy when the normal craving is supplied."

Certain kinds of food—say the carbonaceous foods—are producers of gout, rheumatism, and the painfulness of very many diseases.

"Pains are often due to deficiency of the phosphates in the blood, especially from too much and too long mental strain, using up the phosphates."

The lack of phosphates is often the cause of gout. The food for thinking people is of special importance. From these facts, we see that too much of one kind of food and too little of another kind, become the direct causes of diseases; a balanced diet is a necessity which cannot be ignored if we expect to be healthy.

"The kind of food eaten has everything to do with the mental energy of the individual. Excessive carbonaceous

foods have a tendency to stupefy the intellect, but if the elements are duly proportioned, the activities will be, as a rule, duly executed without fatigue, and naturally."

Nature has furnished a sufficient variety of foods, containing all of the elements, so that we are without excuse for failing to choose the proper food which contains the elements needed for any and every condition in life, and knowing the elements, of the food eaten, it seems a matter of choice whether we remain well or ill, and if well, to keep well, and if sick, the cause of it, and how to get well; so that disease, is a result of **ignorance**, or **willful violation of law**.

Sin is violation of law. Laws which affect the physical organism cannot be violated with impunity. The penalty inevitably follows, sooner or later. It is better to live within the lines which nature has fixed.

Food may become a nourishment or a poison, depending upon the combination of elements it contains, and how proportioned.

A poison is a product of chemical equivalents combined in such a manner, and in such proportions, as to be destructive to life.

Without fully explaining, take alcohol; it is composed of certain chemical equivalents; instance carbon two equivalents, hydrogen six equivalents, and one equivalent of oxygen, and this is the grain alcohol, and it is a poison to a limited degree; take wood alcohol, which has the same equivalents, but in different proportions, and it is a virulent poison. All on account of the number of chemical equivalents of the four cardinal elements—carbon, oxygen, hydrogen, nitrogen, or some one or more of them.

All articles of diet are made up of chemical elements, combined in due proportion, and each and every article of food, and everything that exists, is an example of individuality, chemically combined so that there is a difference, however slight, so as to make every object and plant,

vegetable, flower and mineral a distinctive, individual personality.

The atmosphere is only a combination of chemical constituents; the human body is not an exception, but, perhaps, the most intricate and wonderful combination of chemical elements of anything ever created, and subject to more chemical and other changes, than any creature or thing ever made.

These changes are being made every second of time while the life remains. These changes are the product of the chemical combinations of its own composition, and the articles of food ingested, its metabolistic characteristics, and the composition of the ingesta; the circulatory apparatus; the breathing, and its subjection to the various degrees of temperature and climatic influences; mental peculiarities, concentration of thought, and its salutary influence or its deleterious effects, according to the kind of thought and the condition of the individual at the time of thinking.

Recognizing these things to be indisputable, self-evident facts, what is the lesson as regards the effects of the food necessary to the perpetuity of the animal life; its physical necessities, its recuperative powers, its demands in the way of chemicals and their combinations in the nutrient materials so as to keep it in a normal state—one denominated health?

There is no question so full of interest as the welfare of the body in this life, and nothing so nearly concerns us as the care of the body, for it is the present home of the soul, and its habitation is intimately related to the condition of the body, and the whole physical sojourn of the soul, as a temporary dwelling place, during its allotted time, is dependent upon the physical condition of the body.

The three principal chemical elements of food are carbon, nitrogen and phosphate—in a word, carbonates, nitrates and phosphates.

"The carbonates are classed as follows: Butter, and lard, fat of all meats, vegetable oils, fine flour, etc.

"The nitrates are: Lean meats, cheese, peas and beans, lean fishes, etc.

"The phosphates are: Shell fishes, lean meats, peas and beans, active fishes, birds, etc.

"Under ordinary circumstances, and in moderate weather, with moderate exercise of muscle and brain, the proper proportions of carbonates, nitrates and phosphates seem to be the average proportions found in unbolted whole wheat meal, viz.: Sixty-five of the carbonates to fifteen of the nitrates, and two of the phosphates to seventeen or eighteen of water and waste; or something more than four times as much of the carbonates as of the nitrates, and two per cent of the phosphates, the amount of water not being of much consequence, as it is supplied as it is demanded, and taken as drink, when it is not supplied in the food.

"It will be observed that, after a meal has been partaken of, composed chiefly of fat meat, fine flour, butter, sugar and such things which are largely made up of the carbonates, the person is stupid, or sleepy, and indisposed to exercise either mind or body, for these articles are very little food for the mind or body, muscle or brain, and the torpor will be in direct proportion to the excess of these carbonates eaten, over their normal proportion.

"Such meals are out of proportion, and the consequences are inevitable; for it is separating the important principles which God has joined together, and furnished in every article of appropriate food, in the right proportions, as nourishment for every faculty, and every organ and tissue, in the body.

"If the fat meat is eaten as it was made, mixed with an appropriate amount of lean, and instead of the flour, the bread made of whole wheat, as it was created, and milk used instead of the butter, and sugar taken as in-

tended to be taken, with the vegetables and the delicious fruits, mixed with such elements as the system requires, then the appetite could be indulged to its fullest extent, and no organs or faculties would be pressed and overburdened, while others were not supplied, and every part of the system would be prepared, without stupor or sleepiness, to perform the duties assigned it.

"If we take our food as it was made, with the elements mixed by Infinite Wisdom, we need to use our judgment in preparing it, or cooking it, so as to best develop its flavor, and fit it for digestion; then our appetite would safely direct us, both as to the articles to be eaten, and the amount required. Presuming we know better how to mix and prepare our food, we have spoiled many of the best articles of food and nourishment, and have so perverted our appetites and tastes that they are no longer a guide, in most instances, as far as relates to the use of the articles with which we have interfered.

"The articles most perverted are **wheat and milk**, the taking out of them the nitrates and phosphates, and using the carbonates only.

"The effect, especially in our cities, is manifest in our liability to inflammatory diseases; in our feebleness and weakness of muscle, for want of the nitrates; in our defective, aching teeth, for want of lime, etc., and in our physical and mental debility, for want of the phosphates; in our ash-colored chlorotic girls for want of iron—all of which elements, except the carbonates, being entirely wanting in butter, and almost all in **very nice white flour.**"

Some Hints Regarding the Practical Uses of Food.

"The laboring man, in cold weather, needs more carbonaceous food than one who does not exercise, or one who lives in a warm climate.

"The laboring man can best live on foods which contain a large amount of carbon, such as pork, beans, buck-

wheat cakes or flour cakes, rice, cheese and the sweets, and can digest them with impunity. He needs beans, peas, northern corn bread and starches—articles wholly unsuitable for the one inactive, or living in a southern climate. Nature has so ordained these things, for the articles of food which grow in the northern climates contain more carbon, to a high degree, than in the southern countries, and are naturally adapted to the wants and necessities of the inhabitants living in their own climate.

“Exposure to cold, without exercise, requires different and more easily digestible articles of food. This holds good in any climate, and should be regarded as a necessity to maintain a normal state of body and mind.

“Laboring men, in northern climates, seldom have stomach troubles arising from indigestion of their food, be it ever so hard of digestion, because it is especially adapted to conditions and circumstances; for the exercise, and necessity of a certain amount of energy to keep up the strength, the system demands the elements in the carbonaceous foods to keep up the fires in the furnace—the stomach—to burn the fuel which creates the steam to run the engine—the human body—to resist the forces, the cold, and supply the power.”

This suggests the idea that exercise is an essential to strengthen every muscle in the body, whether one is a laborer, or lives a sedentary life.

Activity is an essential, under all conditions, and circumstances.

“Nearly four-fifths of our food is for the production of heat. We need four times as much heat in cold weather as we do in warm weather. If we were to eat the same articles in summer as in winter, and only what our nature required, the stomach and bowels would collapse into one-quarter their size, and could not properly carry on their functions.”

We need in summer or winter, whether using muscles

or brains, or neither, every day, food containing carbonates for the lungs, nitrates for the muscles, and phosphates for the vital powers, but we need them in different proportions according to the temperature in which we live and our habits of life.

These elements are furnished to us by nature, varying in different proportions so as to be adapted to different temperatures and habits; these different elements are so mixed and prepared, the appetite so adjusted to them, they always satisfy the demand, when partaken of in the right combination, the right quantity, and at the right time.

Man should adapt his food to the wants of nature, varying according to circumstances.

We are creatures of habit, our systems have a wonderful power in adapting themselves to circumstances. We do not all die, however thoughtlessly we live, however perversely we continue in the wrong habits to which we have been accustomed; our appetites falling in with our habits; the evils of wrong living are perpetuated.

Nevertheless, it is true that the average amount of health and the average length of life are in exact proportion to the care we take to live in accordance with the laws of our being. What statistics show, our observations confirm.

“What a responsibility these considerations place upon the wives and mothers who have, or ought to have, the direction of these matters!

“To them, in providence, as according to Holy Writ, the injunction emphatically is, ‘Keep My commandments, for length of days, and long life and peace shall they add to thee, and to thy family,’ (who keep the commandments as well).

“While this law was given under the **Old Dispensation**, it holds good physically and literally, to those who comply with nature’s laws, for they have never been annulled or abrogated.

"Stimulating, carbonaceous foods should be avoided in warm weather, and such articles substituted that contain the carbonates in less quantities, in a less concentrated form, combined with such acid fruits and vegetables, such grains which contain less oil and starch, and more of the nitrates and phosphates."

If these changes were made, there would be less mortality, less sickness, less inflammatory disease, decidedly more real happiness, life would be filled with pleasure, rather than as it is now, with dread, disease and, too often, death, simply for the want of knowing how to live naturally.

"With half the trouble, time and study it takes to learn a complicated piece of needlework, or a difficult piece of music, any intelligent housekeeper could learn the dietetic laws, and institute an arrangement adapting them to the mental or muscular employment of her family, so as to give them the requisite variety of wholesome food for summer, or winter, for work of brain and muscles, thus adding immeasurably to length of life, comfort and health of all."

Food for Old People.

"The fat, good natured old gentleman living on fat beef and pork, white bread and butter, buckwheat cakes and molasses, rice and sugar, till he has lost all mental and physical energy, desires to sit from morning till night in the chimney corner, or a comfortable rocking chair, by a warm register, saying nothing, caring for nothing, is a product of his diet.

"Change his diet, give him fish, beefsteak, potatoes, unbolted wheat bread, or rye and Indian meal, with one-half or three-quarters of the carboniferous articles of his former diet, and in one week he will cheer you with his jokes, and call for his hat and cane and renew his youthful desires to roam the forests, seek an outdoor life of pleasure and happiness.

"Is he lean, cold, restless, and irritable? Give him the fattest meats, with the best of butter, as much sugar and molasses as he desires, not taking away entirely the food for the brain and muscles, but adapting them to circumstances. Perhaps his brain has been overworked; exhaustion and fitful action follow. If so, he needs some form of the phosphates in his food to which he has been accustomed, as oatmeal porridge, or oatmeal cake, with milk, or a diet of fish, pearl barley, or pea soup.

"If his restlessness comes from inactivity of the bowels, he needs fruits and vegetables, unbolted wheat bread, with care to keep his mind at ease and to have such company as is agreeable to him.

"If the irritability comes from too much meat eating, and other phosphatic foods, then keep him on a diet in which the phosphates are deficient, as rice flour bread and butter, giving him other foods adapted to his other conditions and habits. That due regard to these different conditions, and an adaptation of food to conform to them, will very much contribute to comfort and happiness in the declining years of life, there is not a shadow of doubt."

The diet has everything to do with the physical condition, as well as that of the mental state. Humanity is a product of creation, is perpetuated by that which furnishes the elements of the body; kept in harmony, or in-harmony, as a result of the elements furnished, from which it derives its nourishment.

"Take, for instance, a babe at its mother's breast, say six or eight months' old; feeble, inactive; teeth coming through the gums already black and defective; flesh soft, flabby, indicating a lack of nerve and muscular fibres; skin wrinkled; face looking aged; bowels discharging a thin, watery excreta; abdomen enlarged; peevish, cross, restless, sleepless, emaciated, voracious appetite, and yet no growth or improvement. Now see what the mother eats. It will be found that she is living on the kind of food which causes all the trouble in the babe.

"Change her diet from fine flour bread, butter, cakes, puddings, sweets of various kinds, to beefsteak, oatmeal or barley porridge, with milk and unbolted wheat bread, grits, pea soup, in which there abounds the phosphates and nitrates, and in a few days an improvement will be seen in the child; but if her health will not admit of such a change, wean the child, and give it the milk of the cow, barley water, oatmeal, and such common sense diet as is suitable for one of its age, and the life of the child will be saved."

Children under these circumstances, and in this condition, lack water, and should be furnished in sufficient quantities to satisfy nature's demands. An excellent way to do this is to use a nursing bottle, fill it with water as warm as it can be comfortably borne in the mouth; sweeten a little like breast milk; at bed time let the child nurse itself full of this water; it will begin to be natural in a few days. Repeat the hot water every night, for it will change the whole life at once. Children often suffer for lack of water, and should be allowed to receive it when desired, at reasonable intervals, remembering that the body is composed of about 70% water. That must be constantly supplied, or something goes wrong in the body.

The expectant mother, even before becoming pregnant, should see to it that she is living on the proper diet which will furnish the material for bone, muscle, brain, and nerve in the child, and she will have healthy offspring.

We are the product of what we eat, our health is absolutely dependent upon it and how we live in other respects; but more upon what we eat, how we eat, the combination and quantity eaten, as well as frequency; we might add, on the condition of our mental state, for the mind has to superintend the functions of the body through the nervous system, **all the time.**

Inasmuch as grain cannot be developed without the

elements of which it is composed are in the soil, so it is in the human being. Unless the elements of which the body is composed are in the food which is eaten, the body cannot be developed. If there be a deficiency of any of the elements in the food, is it not reasonable to conclude that the deficiency will be in the body? This deficiency will be just what it is in the food, and the system will lack the same elements; hence, the rational thing to do is to feed the person on the foods containing the elements needed.

A grain of wheat, as proven by analysis, contains every one of the elements found in the human system.

"Plant a grain of wheat in the soil in which is no lime, phosphorus, or nitrogen; the plant may grow from the carbon, hydrogen, and other elements which it can get from the soil, the air and water, but the grain will not be developed and analysis would show that phosphorus, lime, and nitrogen would be wanting in the plant and grain as it was wanting in the soil.

"Now, as in certain perfectly developed grain, the phosphorus, lime, and nitrogen, which were intended for forming brains, bones and muscles, are not there, is it not certain such grain could not develop brains, and bones, and muscles? For if wheat does not contain phosphorus, lime, and nitrogen, unless the soil in which it grows contains these elements, is it not certain that the human system cannot be developed by food wanting in these, or any other important elements?

"In soil containing as little phosphorus, lime, and nitrogen as are found in superfine flour bread and butter, the grain of wheat would not be there at all; and can a child, for which wheat was made, be developed upon white bread and butter?

"Milk of the cow contains all the elements of the human system, in the right proportion; and if concentrated, or if the stomach were large enough to contain

these elements in their diluted state, in sufficient quantity, it would support the life and health of any man indefinitely.

"Primarily, it was intended to develop the calf, and it does develop every part perfectly; but feed the calf on cream alone, or butter, and it would die in two weeks.

"Can butter, then, develop a human being? And yet how many expectant and nursing mothers thoughtlessly provide themselves and their precious little ones with food made up of superfine flour, butter and sugar, without knowing or thinking that sugar or butter have no elements at all for muscles, bone or brains, and white flour very little.

"If they ate nothing else, of course, their children would all die within a month; and as it is, only one-half of all Christendom, and not one-eighth in all heathendom, have vital power to carry them through the first five years."

Those that live have a life of struggle with disease and suffering in just the proportion as they are deprived of food containing elements adapted to develop the whole system and give power to resist and overcome disease.

"The inevitable effects of the diet almost universally adopted is to stimulate all the organs by the undue proportion of carbon, of which the butter, fine flour, and sugar are composed, which form so large a part of our diet, and which render all organs more susceptible to inflammations and other diseases; while the deficiency of the nitrates and the phosphates, weakening the organs and diminishing the powers of life, renders them less able to resist and throw off diseases where they occur.

"Take, for example, the lungs whose duty is to keep up the steam and 'run the machine'—the importance of which is seen by the fact, that if for a single moment they refuse to act every operation of the system is suspended and life becomes extinct. Overburdened with work to

dispose of the excess amount of fuel imposed upon them, is it strange that they fail, and become diseased?

"Or take the brain and nervous system, which, being overheated with carboniferous blood, and weakened by want of phosphorous, become sluggish and inactive, headache and neuralgia ensue; or, being nervous and irritable, a thousand ills, real and imaginary, render life a burden.

"Or take the liver, whose office is to eliminate effete elements from the system and assist digestion. Overburdened with work, especially in spring-time, after the system has been loaded for months with carboniferous food, up to the highest practical point, it becomes sluggish, its functions become weakened, perhaps 'bilious,' jaundiced, causing many other difficulties; all organs being made susceptible to disease, less able to resist it by too much of the carbonates being used during the cold weather, and too little of the nitrates and the phosphates, on account of failure to change the diet to suit the conditions of the climate from cold to warm weather, when the system needs less of the carboniferous foods, and more fruits and vegetables."

No one can, with accuracy, dictate a diet for all, to apply to all conditions, without individually ascertaining conditions which are produced by irregular diet, too much, too little, or mixtures of such kinds as are chemically incompatible.

The facts are: Nature has so arranged the food question that every one may select what is needed for the system under any and all circumstances and conditions, in all latitudes and localities, and climatic conditions, if judgment, intelligence and common sense are exercised; but if these latter are deficient, they should be acquired before running any risk of wrong doing.

The only safe, universal rule to observe in eating may be summed up in a few sentences, and save all the circumlocution generally suggested by food "fadists," and

save all the experimentation and formalism of select menus, for this and that condition. We sum it all up in the following terse sentences:

Regulate the diet according to age, climate, vocation, condition, circumstances, object to be accomplished.

The child needs food adapted to its age, and condition of the digestive organs, glandular condition, etc. Milk is the natural diet for babes, or the nearest substitute possible, for its health and growth of all the tissues, and in quantities to suit conditions and necessities.

The tissue elements, during the age of infancy, are found in certain foods, and these are to be furnished in foods which can be digested, and in quantities adapted to the actual necessities in each individual case, considering age, conditions and circumstances; remembering that foods easily digested, and containing the elements necessary to build up the entire system are required.

The growing child of mature age, active and developing muscle and brain, needs food in excess of the one who is less active.

The quiet, sedentary class needs less food than the romping, active class. The changes are more rapid, the waste greater, the necessity of renewal greater, hence more food is needed by the latter class, perhaps oftener partaken of, and the kind of food may be an important consideration.

The digestive organs, their condition as to ability to digest food, should be duly considered, and such food administered as may be easily digested by the young child, and even in the one more advanced in age. The thorough mastication of all kinds of food, for all classes, is of the greatest importance. Food possessing the normal constituents of the body, duly masticated, will not fail to build up the tissues thereof; but if deficient in the normal elements, the ratio of deficiency will be maintained in the product. This is as true as life itself.

The Lord made the body with the dust of the earth's elements, and the composition was perfectly adapted to the purpose intended; man has not changed these elements, cannot leave any of them out of his food, if kept up to the normal standard; they cannot be added thereto without changing the very nature of the elements chemically, and then inharmony is the inevitable result. Living on food containing less of the chemical elements than are required to keep all parts supplied with them, is the cause of disease; or an excess of one or more elements and too great a quantity of food containing the normal elements, require an extra effort of the entire organism to get rid of them, and enervation is the product.

Health and happiness are as much dependent upon obedience to law, as disease is dependent upon the violation of law. Then, would it not be wise to learn what is required of us to be healthy, and consequently, happy?

"Concentrated foods, as a rule, should be avoided, at least too much of them at a time, and too long continued, as they are deficient in cellulose, the material denominated waste, for this is required to maintain the bulk, so as to prevent the collapse of organs, rendering them incapable of acting on the substance ingested in the process of digestion."

In selecting a diet, it is well to consider the time of digestion of each article, for the following special reason: The secretions which pour into the alimentary tract from the glandular system digest the food.

These secretions are drawn from the blood, through the control of the mind, acting through the nerve filaments which end in the several glands along the digestive tract—the salivary, the stomach, pancreas, liver, etc.

There is a limit to the secretory system in all of these glands; that is, they can only manufacture a certain amount of secretion during a certain time, for the blood contains just so much of the necessary elements at a time, and the replenishing of these elements is from the food eaten.

It requires a certain amount of food containing the proper elements to re-supply the waste which is constantly going on, to keep the blood up to a normal standard. If the supply is being constantly used in functioning the various parts of the body, it must be replenished or it will become exhausted and then the functions of the entire body will be lessened, or unable to perform normal function, and inharmony prevails, which is disease.

The system requires a certain time to rest, and use its normal supply in rebuilding the tissues, undisturbed, and as it receives its entire supply from the food eaten, it must have time to digest the food before recuperation can take place; therefore, the digestive organs should not be overtaxed, or kept at work too long digesting the food which furnishes the supply.

For instance, a meal is eaten which requires four or five hours to digest, and before that meal is digested, another meal is eaten; the digestive process is unduly continued, as a consequence, excess of labor is laid upon the digestive organs, which means weakness or exhaustion of the secretory organs, as well as the elements of the nervous system.

The point desired to be made in this statement is, that food should be eaten at stated times, not too often, and the system should rest between the meals—that is, the digestive organs should be left to perform their normal function before another meal is taken. Meals repeated too often, or victuals being constantly ingested, cause indigestion and disease, as is seen in all cases of stomach trouble. The proper thing to do is to get meals **regularly**, at stated intervals, in moderate quantities, properly combined, duly masticated, and containing the elements which will replenish the whole body, for the labor it has to perform, and for the season of the year, so as to comply with natural law. The body will continue to be well and able to perform normal function, under all circumstances and

conditions; for these rules, followed, precludes the possibility of being out of harmony, sickly, diseased, and always complaining. We are to blame for a very large per cent of our illness and inharmony in our bodies.

The "stuffing" between meals should be avoided, or eating "just a little" between meals should be scrupulously avoided. This is absolutely essential.

The nourishment of the body comes from elements in the food eaten. One may have, in any given menu, a variety of food from various parts of the world, all products of the soil, grown in various latitudes, each containing certain elements, and when eaten, converted into blood, then into tissue, brain, nerve, bone and elements which compose the individual.

Man thus becomes a part of all that is produced by the elements in the soil of every land, and every clime, constituting one brotherhood, made by the same Divine Being we are taught to believe is God, and we know that by faith, for that has been sufficiently demonstrated by His works, as well as by His own revelations to mankind, through the several ages of the world, to individuals who have "walked and talked" with Him.

We shall never be able, in this life, to comprehend the mysteries involved in the study of the things created. It is not necessary for us to know all about the things which God has reserved to Himself; but we should be content to know, individually, what absolutely relates to and concerns ourselves.

To maintain this physical life, keep it in harmony with itself and all of its environments, are the things which directly concern us. When we attempt to transcend the boundary of our sphere, we get out of harmony, and all is confusion and chaos.

Every individual is limited in thought and deed and restricted by law. That law is supreme. Man cannot change it. Every attempt to do so brings disappointment,

more or less confusion, discord and inharmony, not only in the individual, but with every relationship of man with the things of this life. From the records of the revelation of the future state this lessens the chances of harmony in the life to come; so that it behooves us to study our limitations, and our special spheres we should occupy, while in the flesh.

While "all things continue as it were from the creation,"—so far as creation of the things of the world is concerned—our relationship has changed, because we have violated the physical laws of our being, and brought diseases of all kinds upon ourselves—not satisfied to remain where God placed us.

Our relationship having changed, we have the constant task of physical and mental exertion to maintain—even to a supposed standard—a degree of health.

When we shall have learned the elementary constituents of our bodies, and how to keep in relationship with the mind which controls it, shall observe and obey the natural laws of our being, we shall "live long on the earth," and be in a state of harmony with ourselves, and our Creator, as well as our environments, and then we shall know what real harmony means, and enjoy it.

If we ate only natural food, drank only pure water, and breathed only pure air, the blood would consist of its normal elements which constitute the solids and juices of the human system. If the blood, in any case, is found to be **impure**, it is **because** food, or drink, or air, is not plentifully supplied, or is not pure or natural, and in just the proportion as it is not **pure**, or **natural**, or is not supplied in **sufficient quantity**.

If the blood is impure in consequence of additions to its natural elements, derived from the food, or air, or water, our first duty is to see that the source of impurity is stopped, and then nature will soon remove the impurities.

If it is impure from want of supply of its natural elements, then our duty is also plain, for every necessary element is supplied in natural food, and we have only to use our judgment in selecting the articles which contain such elements as are needed.

It is impossible to purify the blood by the use of articles recommended by ignorant empirics, useless to attempt any purifications except by the common sense expedient of supplying deficient elements, withholding redundant ones, and the purification of the blood itself by oxygenation, by breathing.

Importance of Using Pure Water.

Nature has provided, in two ways, never-failing sources of pure water—in the juices of all natural foods, animal or vegetable, and in the condensation of vapor in the atmosphere. Nothing but oxygen and hydrogen combined can pass through the system to accomplish the various purposes. Every element combined in water must be disposed of by the excretories, must be a source of embarrassment and disease to the delicate organs whose duty it is to expell all intruding elements from the system.

“The average amount of water in fruit, vegetables, and berries is more than 90%.

“Five-sixths of the food usually eaten consists of water; therefore, using an average amount of vegetable food, we get more water than the natural proportion of that element in the system.

“If our liquid excretions were no greater in proportion than the solid we should need no drink; but that nature intended to supply water to the system through the medium of food is evident because food produced in warm climates, and intended for warm weather, when water is most needed to supply the excretions, contains a much larger proportion of water than food intended for cold climates and cold weather.

"Pure water, which holds in solution the various chemical elements of which the human body is composed, is demanded by the system, as remedial agents, unless these necessary elements are appropriated from the food eaten or are generated in the system itself."

All the elements, of which the body is composed, must be fluidized before the elements can be taken up by the body; water is the natural solvent, hence its abundant supply.

The following tables of combinations of foods will be sufficient for the reader to select the diet needed under all circumstances and conditions.

Regard should be had to the state and condition of the digestive organs, the age, vocation, climate, etc., and there need be no difficulty in finding enough from the various combinations to satisfy every variety of conditions in life, with due regard to quantity, freshness, quality and the manner of eating; there should be no incompatibilities as to the choice of foods.

If the diet is properly combined, eaten in proper quantities, at proper intervals and properly masticated, there can be no reason for any bad effects or sickness caused by diet, nor any difficulty regarding the recovery from the effects of errors in diet, if the tables are studied with a view to combine the foods needed, according to the suggestions named.

Having gone carefully through the various works on Dietetics, comparing them with each other and with themselves, we find many things in common among all of them, but we are indebted more to "The Christian System of Food Chemistry," and to the Health Culture Co., Passaic, New Jersey, for their book, by Alfred Andrews, M. D. (New York address of the company is 1133 Broadway, N. Y.), for many ideas regarding the food question. If we have quoted from them anything for which due credit has not been given, it is wholly unintentional.

We fully endorse much of what the foregoing authors have said. All who desire further light on the food question will find their system fully up-to-date, and deserve a careful study to fully comprehend the subject, for we regard the food problem worthy the closest study of anything pertaining to health, and that when fully understood, in all of its relationship, disease will be less prevalent, and recoveries therefrom more easily brought about.

What we have said along these lines will serve, we hope, as an index to the reader, to the diet question, and create a more earnest desire to know some of the fundamental principles of right living, save suffering humanity from much of the consequences which now prevail, all over the country, largely due to being ignorant of a few fundamental principles regarding the relation health sustains to a proper, well regulated dietary in families, and everywhere else, almost universally.

Recognizing the necessity of food containing the proper elements of nutrition, we submit the following table for convenience in selecting the desired articles for general and special diet for all conditions. The proportion of elements are conveniently arranged, the proper selection may be made, containing the proper elements, in the quantities needed.

If the nervous system is freed from undue pressure, the digestive organs are normal, the proper kind, and quantity, of food eaten, at the proper intervals, and other conditions met, and corrected, there will be nothing to prevent normal results, health, peace, happiness, and long life.

Table Showing the Chemical Constituents of Food.

Names.	(Fat)	(Muscle)	(Nerve)	(Blood)	(Waste)
Asparagus	5.4	0.6	0.4	93.6	
Bacon	62.5	8.4	0.5	28.6	
Barley	52.1	12.8	4.2	14.0	16.9
Beans	40.0	24.0	3.5	14.8	17.7
Beef	14.0	19.0	2.0	65.0	
Buckwheat	53.0	8.6	1.8	14.2	22.4
Butter	100.0				
Cabbage	6.2	1.2	0.8	91.3	0.5
Carrots	12.2	1.1	1.0	82.5	3.2
Cauliflower	4.6	3.6	1.0	90.0	0.8
Cheese	28.0	30.8	4.7	36.5	
Cherries	21.0	9.6	1.0	67.3	1.1
Chickens	1.9	21.6	2.8	73.7	
Chocolate	88.0	8.8	1.8		1.4
Clams	trace	12.0	2.5	85.0	
Codfish	1.0	16.5	2.5	80.0	
Corn — Northern	67.5	12.3	1.1	14.0	5.1
Corn — Southern	39.2	34.6	4.1	14.0	8.1
Cream	4.5	3.5		92.0	
Cucumbers	1.7	0.1	0.5	97.1	0.6
Currants	6.8	0.9	0.3	81.3	10.7
Dates, fresh	73.7			24.0	2.3
Eels	little	17.0	3.5	75.0	4.0
Eggs, whites of		13.0	2.8	84.2	
Eggs, yolks	29.8	16.9	2.0	51.3	
Figs	57.9	5.0	3.4	18.7	15.0
Flounders	little	15.0	3.5	78.0	3.0
Green Gages	26.8	0.3		71.1	1.8
Haddock	0.6	14.0	2.6	82.8	
Halibut	little	18.0	4.5	75.0	
Ham	32.0	35.0	4.4	28.6	
Herring	little	18.0	4.5	75.0	
Horseradish	4.7	0.1	1.0	78.2	16.0
Kidney	0.9	21.2	1.4	76.5	
Lamb	14.3	19.6	2.2	63.9	
Lard	100.0				
Lentils	39.0	26.0	1.5	14.0	19.5
Liver	3.9	26.3	1.2	68.6	
Lobster	little	14.0	5.5	79.0	
Milk—cow's	8.0	5.0	1.0	86.0	
Milk—human	7.0	3.0	0.5	89.5	
Mutton	14.0	21.0	2.0	63.0	
Oats	50.8	17.0	3.0	13.6	15.6
Onions	5.2	0.5	0.5	93.8	
Oysters		12.6	0.2	87.2	
Parsnips	14.5	2.1	1.0	79.4	3.0
Pearl Barley	78.0	4.7	0.2	9.5	7.6
Pears	9.6	0.1		86.4	3.9

Names.	(Fat)	(Muscle)	(Nerve)	(Blood)	Waste
Peas	41.0	23.4	2.5	14.1	19.0
Pigeon	1.9	23.0	2.7	72.4	
Plaice	little	14.0	5.5	80.0	
Pork	16.0	17.5	2.2	64.3	
Potatoes — Irish	15.8	1.4	0.9	74.8	7.1
Prunes	78.6	3.9	4.5	13.0	
Radishes	7.4	1.2	1.0	89.1	1.3
Rice	82.0	5.1	9.5	9.0	3.4
Rye	75.2	6.5	0.5	13.5	4.5
Salmon	little	20.0	5.5	74.0	
Smelt	little	17.0	5.5	75.0	
Sole	0.8	17.0	2.5	79.7	
Suet	100.0				
Sweet Potatoes...	21.8	1.5	2.9	67.5	6.3
Trout	0.8	16.9	4.3	78.0	
Turbot	little	17.0	5.5	77.0	
Turnips	4.0	1.2	0.5	90.4	
Veal	14.3	17.7	2.3	65.7	
Venison	8.0	20.4	2.8	68.8	
Vermicelli	38.0	47.5	1.7	12.8	
Wheat	66.4	14.6	1.6	14.0	3.4
Whey	4.6	1.0	0.7	94.7	
Whiting	little	15.0	5.5	78.0	

A FEW IDEAS ON THE QUESTION OF DIET

Recipe for Making Natural Bread.

Bread, light, sweet, delicious, and eminently wholesome, may be made by mixing good unbolted wheat flour meal with cold water, making it into a paste of proper consistency, which can only be determined by experiments, pouring or dropping it quickly into heated pan, or pans—the pan must be sizzling hot—with concave departments, as a Gem Pan, and placing it into a hot oven, and baking as quickly as possible without burning.

The heat of the oven and the pan suddenly coagulates the gluten of the outside, which retains the steam formed within, and each particle of water being interspersed with a particle of flour, and expanded into steam, separates the particles into cells, and being retained by the gluten, which is abundant in this natural flour, till it is cooked, the mass remains porous and digestible, and, containing no carbonic acid gas, is wholesome when eaten immediately, and of course equally so on becoming cold.

But for family bread, if not eaten till it has stood in pure air till the carbonic acid gas in the cells is exchanged for the oxygen of the air, there is no important objection to bread made of good unbolted flour meal with fresh yeast. It contains all the elements necessary for feeding the muscles and brains, and for producing all the fat and animal heat required, and contains no materials essentially deleterious; and bread thus made from superfine flour is only negatively deleterious, having lost its food for muscles and brains; and it need not, therefore, be discarded if at the same meal these elements are supplied in lean meat, fish or cheese, or other food containing

similar elements; but if eaten with butter or sugar only, and nothing else, would soon make of us bloated and stupid idiots.

These ideas regarding bread are worthy of special consideration to all. Wheat contains all of the elements of the human body, in the proper proportion, and when prepared so as to be digested, is one of the essential articles of diet.

There are several ways of making bread which is nutritious, palatable. Whole-wheat flour gems are wholesome and nutritious, even made with yeast, if properly baked, and the "shortening" left out. A good way to serve the light bread made of yeast is to bake it for an hour and a half, slowly, thoroughly; let it get cold in the open air, then cut it in slices about an inch thick, then place it in a stove and heat it slowly, drying it out, making it crisp clear through, making the Zweibach, which is a deep yellow when baked the second time. Zweibach means a second baking. Bread baked in this way will keep indefinitely, and will be suitable for eating when gas forms in the stomach from eating other bread. It may be slightly moistened with warm water; but should always be thoroughly masticated when eaten, as every other food should be.

CLASSIFICATION OF FOODS

"The Carbohydrates—Foods containing carbon, hydrogen and oxygen.

"The Carbohydrates are: Wheat, corn, rye, rice, barley, oats, sugar, syrup, tapioca, honey, white and sweet potatoes, squash, pumpkin, bananas, grapes, persimmons, dates, raisins, peanuts, figs, pignolia nuts, chestnuts, chocolate.

"The Fats are: Butter, milk, cream, cheese, almonds, pignolia nuts, walnuts, peanuts, pecans, filberts, cocoanuts, chocolate, red meat.

"The Proteids are: Eggs, milk, cheese, beans (dried), peas (dried), lentils (dried), wheat bran, peanuts, pignolia nuts, red meat, poultry, fish.

"Mineral Salts are: Lettuce, celery, string beans, dandelion, green peas, turnip tops, beet tops, radish tops, romaine, watercress, wheat bran.

"The food substances, which contain nitrogen, are commonly called proteids. All food substances which contain nitrogen in such combinations are available for assimilation in the human body. The proteids in the human body are formed from proteids taken from the foods which contain the element nitrogen."

The blood and tissue of the body contain certain mineral salts, without which life could not exist, and they are drawn from the food which contains them, through the process of digestion and assimilation.

"The human body needs a certain amount of mineral salts, especially of the phosphates of lime, of which the bones are made, but the salts that need to be supplied daily in the food are small, because the salts are not rapidly consumed as are other elements of nutrition."

The importance of properly combining foods will be apparent, when it is considered along scientific lines; for when acids and alkalies are combined, a chemical action takes place, and if they completely neutralize each other there is no special action, but if not completely neutralized the excess of either is left, and it affects tissue accordingly—the acids contract tissue, and the alkalies disintegrate, or destroy tissue.

Foods are acted upon the same way; for if incompatibles are mixed together, chemical changes take place, frequently with considerable activity, forming gas, and producing unnatural consequences deleterious to comfort and health, often causing disease. These are especially important considerations for all who are interested in health, and every one should consider this matter with the solemnity and earnestness the subject of health and happiness demands.

There are three fundamental laws which govern all forms of animal life, and may be classified under the following headings:

Nutrition—The most important problem in life.

Motion—A special manifestation of life.

Oxydation—Without which the blood could not be purified.

If our food is properly selected, combined and proportioned it will build the body to its normal weight and energy, the increased vitality will demand increased exercise, this will cause deep breathing and this will complete the cycle necessary for the purification of the blood.

The selection, combination and proportion are essential, for the better the selection the better will be the results in development of animal tissue.

The nearer the combination approaches to the natural law of combination, the more perfect will be the digestion and the assimilation.

The nearer the proportion is complied with, the more harmonious will be the combination and the less will be the resistance, the less waste of energy to prepare it for assimilation.

In order to obtain the highest efficiency from food, it must be eaten with regard to age, climate and labor, exercise or activity.

The growing child needs more of the structural material than the older person, such as lime, found in cereals and starchy foods, so as to build up bone and teeth, cartilage, etc., while the middle aged person needs but little lime, because the bones are already formed—just enough to maintain repairs—and the aged needs practically none.

We should select and proportion our food according to temperature of our surroundings, climate, season. Heat and energy being convertible terms, there should be care in selecting the food which has the proper chemicals for the different ages, and the time of year, temperature; for nature has supplied the human family with foods for all conditions, whether warm or cold weather prevails, and the kinds of food for each season, perfectly adapted to humanity.

Every individual needs food which suits climatic influences, for eating is the process of making energy, while activity or work is the process of expending energy, so these two processes balance and the nearer we balance them the stronger will become both the mental and the physical condition.

Health is the Natural Condition of All.

The nearer we live according to natural laws, the more certain will we be healthy; the more naturally will our system perform its functions.

If, while in a normal condition, one will observe the natural laws of combination of food, properly proportioning them, properly masticating them, health will continue; and if, in abnormal conditions, health will soon assert itself, and disease will have no place in the body.

The effects of wrong combinations of food manifest themselves in quite a variety of symptoms, depending

very much upon the conditions of the individual, the idiosyncrasy, temperament, mental state, exercise, age, climate and the character of the combination, quantity, quality, vocation, etc.

Environments, attractions, suggestions, personal interest influence the mind, and the mental state has everything to do in controlling the functions of every organ; therefore, these become factors, not only in our make-up, but determine, to a very great extent, the physical condition of the individual.

The mind, through nerve filaments, regulates the kind, character and quantity of the secretions which enter into, control and digest the food.

This is the most important function of the nervous system, because nutrition can only be supplied from the digested products of food and without nutrition the body would soon become food for worms and crumble into dust.

To sum the whole subject up into one sentence: **Mind, through nerve filaments controls every function of every organ in the body.**

The statement that the nervous system being free from origin to terminus, the circulation of the blood being permitted, unmolested, to flow normally, and the breathing being full and free, so as to expand every air-cell, that the blood may receive its due proportion of oxygen, at all times, then proper food, in proper combinations, in the proper quantity, taken at proper intervals, with due regard to habits, natural habits and elimination, with proper sleep and rest, make up the sum total of conditions conducive to health, and a life of pleasure and happiness, as well as of usefulness.

By exercising the proper amount of common sense in caring for the body, one should have but little trouble, scarcely a pain, and no sickness whatever.

Barring accident, the mental strain, looking after the welfare of others, our own anxieties about financial

matters—generally unnecessary, beyond the limits of duty in providing for the necessities of life—we should be in a state of harmony at all times. Life would then flow as the gentle stream, sleep would be sweet and restful, we would be happy and those around us would likewise rejoice with us. Our anxieties and excesses cause the greater part of our miseries. Will humanity ever learn to do right, and to be happy?

Some of the Consequences of Overfeeding.

As stated elsewhere, crowding the alimentary canal with food produces undue pressure upon the stomach walls, and as a consequence, becomes the main factor in nerve and blood pressure, thereby interfering with their function; often arresting glandular secretion, thus interfering with the process of digestion.

That state of affairs is the cause of the formation of gas, and all of the evils which ensue, as a consequence. Further on, in the alimentary canal, the accumulation of refuse, especially in the colon, becomes a source of decomposition, causing irritation, inflammation, such as proctitis, appendicitis, peritonitis, inflammation of the kidneys, congestion and inflammation of the liver and adjacent organs.

Errors in diet, eating the wrong foods, eating too much, wrong combinations, and failing to properly masticate it, and to thoroughly mix it with the saliva, starts up a combination of conditions which changes the whole course of affairs from a normal to an abnormal, or a diseased state, which comes from a want of understanding of how to eat, and what to eat, and how much to eat.

Contracted muscles, impeded venous circulation, and nerve pressure, may be due to errors in diet, and results may become serious. Under such circumstances and conditions, a change in diet may not be sufficient, until the removal of the pressure caused thereby, then right living should be all that is necessary to continue healthy.

Neuropathy is not a one-sided science, but embraces and includes all that is necessary to restore harmony throughout the entire body.

The conditions are to be met, as we find them, and the causes removed, as far as possible, and such means instituted as are indicated, to restore one who is diseased to health. No one means or measure ever devised meets every condition in our experience, as patients come to us for treatment; but every case, although similar in some respects, the difference may be such, that an entirely different course of treatment may have to be instituted.

The causes which produced the conditions existing in certain cases may have passed away, and results may have become complicated; secondary conditions may have arisen, and these may be the only conditions which demand attention; and they removed, the case may be cured without considering the first cause; hence, the removal of causes do not always cure the patient. Conditions are to be met, and whatever is producing the conditions found are the things which demand our attention as physicians.

If one has typhoid fever, caused by effects of malaria, the removal of the malaria will not cure the fever. The question to consider is, what are the conditions now existing? These are the things which concern the physician. Change the present conditions; restore the various organs involved to their normal state, and nature will be satisfied, and the patient will get well.

The Summing-up About Dietetics.

With due regard to what has been said about dietetics, combination of foods, compatibles and incompatibles, this diet for this diseased condition, and that for another condition, and you should eat this, and another should eat that, is all right under certain conditions, if a due regard for the proportion of chemical elements is taken into consideration.

One person may have strong digestive organs and be able to digest almost all kinds of food, and another may have weak digestive organs, being unable to digest but very few kinds, even in small quantities; to feed both on the same food would be wrong, for one would thrive while the other would emaciate.

The kind of food one should eat depends upon age, temperament, season, vocation, condition. The quantity, and the frequency are also questions for consideration.

The condition of the digestive apparatus has more to do than anything else in the adaptability of food to the individual wants of the person.

The condition of the glandular system is to be taken into account, for these are the organs which prepare the elements which digest the food. Last of all, the condition of the nervous system is the most important, for it controls the selection of elements from the blood, as well as the entire function of the glands, which manufacture or draw from the blood the chemical elements in the several departments of the alimentary canal, preparing, in each department, the secretions essential to properly supply the elements necessary in special departments for the next division of the digestive apparatus.

It is a matter of great importance, on the part of the physician, to not advise just the kind of food which each individual should have, without taking into consideration the foregoing conditions of the several functionaries connected with the digestive organs, individualities, circumstances, idiosyncrasies, etc.

Some individuals need certain elements, and others need elements of quite different compounds, to supply the kind which make up the normal constituents and which supply deficiencies. The mixed diet, if it contains the proper elements needed, in a given case, is the one to recommend. On the other hand, if there be found one article of diet which contains the element needed, it should

be recommended. If the person is emaciated, several kinds of food may be necessary to supply the normal elements needed. If one is inclined to take on flesh or fat, the nitrogenous foods are to be recommended, using less of the foods which contain the carbonaceous elements. If there be an excess of any of the normal elements, caused by too rich a diet, these should be abandoned and the opposite recommended, or the patient use a mono-diet until elimination takes place, or the excess of waste is effected. These are conditions which demand special attention.

We copy the following tables of digestive harmonies from the Eugene Christian "School of Applied Food Chemistry":

A judicious study will enable the student to make proper combinations for conditions found.

Table of Digestive Harmonies.

- | | |
|---------------------------|--------------------------|
| 1. Especially beneficial. | 3. Somewhat undesirable. |
| 2. Good combination. | 4. Particularly harmful. |

Fats.

(Such as Butter, Salad Oils, Cream, etc.)

	Eggs	Milk	Nuts	Grains	Vegetables	Acid Fruits	Sweet Fruits	Sugars
Fats with	2	2	3	1	1	2	2	2
Fats and eggs with.....	..	2	3	2	2	2	2	3
Milk with	2	..	3	2	2	4	2	2
Fats and nuts with.....	3	3	..	2	1	2	2	2
Fats and grain with.....	2	2	2	..	1	2	3	2
Fats and vegets. with....	2	2	1	1	..	1	1	3
Fats and acid fruits.....	2	4	2	2	1	..	2	2
Fats and sweet fruits....	2	2	2	3	1	2	..	2
Fats and sugars with....	3	2	2	2	3	2	2	..

Eggs.

	Fats	Milk	Nuts	Grains	Vegetables	Acid Fruits.....	Sweet Fruits....	Sugars
Eggs with	2	1	3	2	2	1	1	3
Eggs and fats with.....	..	2	3	2	2	2	2	3
Eggs and milk with.....	2	..	2	1	3	4	1	2
Eggs and nuts with.....	3	2	..	1	1	1	1	2
Eggs and grains with....	2	1	1	..	2	2	2	2
Eggs and vegets. with..	2	3	1	2	..	2	1	3
Eggs and acid fruits.....	2	4	1	2	2	..	2	2
Eggs and sweet fruits....	2	1	1	2	1	2	..	3
Eggs and sugars with....	3	2	2	2	3	2	3	..

Milk.

(Including skimmed and clabbered milk, buttermilk and fresh cheese.)

	Fats	Milk	Nuts	Grains	Vegetables	Acid Fruits.....	Sweet Fruits....	Sugars
Milk with	2	1	2	1	4	4	1	2
Milk and fats with.....	..	2	3	2	2	4	2	2
Milk and eggs with.....	2	..	2	1	3	4	1	2
Milk and nuts with.....	3	2	..	1	3	4	1	2
Milk and grains with....	2	1	1	..	3	4	2	2
Milk and vegets. with....	2	3	3	3	..	4	3	3
Milk and acid fruits.....	4	4	4	4	4	..	4	4
Milk and sweet fruits....	2	1	1	2	3	4	..	2
Milk and sugars with....	2	2	2	2	3	4	2	..

Nuts.

(All common nuts except chestnuts and peanuts.)

	Fats	Eggs	Milk	Grains	Vegetables	Acid Fruits	Sweet Fruits	Sugars
Nuts with	3	3	2	1	1	1	1	3
Nuts and fats with.....	..	3	3	2	1	2	2	2
Nuts and eggs with.....	3	..	2	1	3	1	1	2
Nuts and milk with.....	3	2	..	1	1	4	1	2
Nuts and grains with....	2	1	1	..	1	2	1	1
Nuts and vegets. with..	1	1	3	1	..	2	1	2
Nuts and acid fruits.....	2	1	4	2	2	..	1	2
Nuts and sweet fruits....	2	1	1	1	1	1	..	2
Nuts and sugars with....	2	2	2	1	2	2	2	..

Grains.

(All cereal and starchy products.)

	Fats	Eggs	Milk	Nuts	Vegetables	Acid Fruits	Sweet Fruits	Sugars
Grains with	1	2	1	1	2	2	3	2
Grains and fats with....	..	2	2	2	1	2	2	2
Grains and eggs with....	2	..	1	1	2	2	2	2
Grains and milk with....	2	1	..	1	3	4	2	2
Grains and nuts with....	2	1	1	..	1	2	1	1
Grains and vegets. with	1	2	3	1	..	2	1	2
Grains and acid fruits..	2	2	4	2	2	..	2	2
Grains and sweet fruits	3	2	2	1	1	2	..	2
Grains and sugars with	2	2	2	1	2	2	2	..

Vegetables.

(Leaf or salad vegetables, as lettuce, spinach, etc.)

Fresh peas, etc.; carrots, parsnips, etc.

Potatoes, being starchy, not included.

	Fats	Eggs	Milk	Nuts	Grains	Acid Fruits	Sweet Fruits	Sugars
Veget. with	1	2	4	1	2	1	1	3
Veget. and fats with.....	..	2	2	1	1	1	1	3
Veget. and eggs with....	2	..	3	1	2	2	1	3
Veget. and milk with....	2	3	..	3	3	4	3	3
Veget. and nuts with....	1	1	3	..	1	2	1	2
Veget. and grains with..	1	2	3	1	..	2	1	2
Veget. and acid fruits....	1	2	4	2	2	..	1	2
Veget. and sweet fruits	1	1	3	1	1	1	..	2
Veget. and sugars with	3	3	3	2	2	2	2	..

Acid Fruits.

(All acid and sub-acid fruits.)

	Fats	Eggs	Milk	Nuts	Grains	Vegetables	Sweet Fruits	Sugars
Acid fruits with	2	1	4	1	2	1	2	2
Acid fruits and fats with ..	..	2	4	2	2	1	2	2
Acid fruits and eggs.....	2	..	4	1	2	2	2	2
Acid fruits and milk.....	4	4	..	4	4	4	4	4
Acid fruits and nuts.....	2	1	4	..	2	2	1	2
Acid fruits and grains..	2	2	4	2	..	2	2	2
Acid fruits and vegets.	1	2	4	2	2	..	1	2
Acid fruits & swt. fruits	2	2	4	1	2	1	..	3
Acid fruits and sugars..	2	2	4	2	2	2	3	..

Sweet Fruits.

(All non-acid fruits.)

	Fats	Eggs	Milk	Nuts	Grains	Vegetables	Acid Fruits	Sugars
Sweet fruits with.....	2	1	1	1	3	1	2	2
Sweet fruits and fats....	..	2	2	2	3	1	2	2
Sweet fruits and eggs....	2	..	1	1	2	1	2	3
Sweet fruits and milk....	2	1	..	1	2	3	4	2
Sweet fruits and nuts....	2	1	1	..	1	1	1	2
Sweet fruits and grains	3	2	2	1	..	1	2	2
Sweet fruits and vegets.	1	1	3	1	1	..	1	2
Sweet and acid fruits....	2	2	4	1	2	1	..	3
Sweet fruits and sugars	2	3	2	2	2	2	3	..

Sugars.

(Cane and maple sugars, syrup and honey.)

	Fats	Eggs	Milk	Nuts	Grains	Vegetables	Acid Fruits	Sweet Fruits
Sugars with	2	3	2	3	2	2	2	2
Sugars and fats with....	..	3	2	2	2	3	2	2
Sugars and eggs with....	3	..	2	2	2	3	2	3
Sugars and milk with....	2	2	..	2	2	3	4	2
Sugars and nuts with....	2	2	2	..	1	2	2	2
Sugars and grains with	2	2	2	1	..	2	2	2
Sugars and vegets. with	3	3	3	2	2	..	2	2
Sugars and acid fruits..	2	2	4	2	2	2	..	3
Sugars and sweet fruits	2	3	2	2	2	2	3	..

TUBERCULOSIS—COMMONLY CALLED CONSUMPTION

This disease is the result of exhausted nerve power, hence impediment to blood circulation, especially venous and capillary circulation, resulting in an accumulation of uric acid and other chemical constituents—a result of nerve pressure.

The Tuberculi Bacillus is a vegetable germ and is never found in healthy tissue. The animal tissue absorbs carbon which lowers the tonicity of its pabulum, while animal microbes absorb oxygen and give off carbon, and so increase the toxins around them. The bacillus seems to liquify the sputum and make it easier to cough up. Those having the greatest number of bacilli are those who recover the quickest.

The bacillus is not an invader, does not cause the disease, but is a vegetable scavenger, as are all bacilli. If he was a true invader, then we would all have disease, because we breathe into the lungs thousands of the vegetable germs every windy day we are out.

Some "Bug-hunter," with receding chin and forehead, is all the time scaring the world into fits over the contagiousness of consumption. It is merely a phantom. There is nothing contagious about it. It results from low nerve power and the retention of toxic poison within the blood, resulting from too rich a diet, and impeded venous circulation.

The bacillus is not an adequate cause, because the disease was in the blood before any bacillus was in the sputa, or anywhere else in the body.

The pulse reveals a great fact regarding the impediment to the circulation of the blood, for if the pulse is noted

it will be found to be as if choked, obstructed in its onward flow, and by tracing it backward and forward it will feel as if rolling under our fingers, and we find it cord-like and full between beats.

The pulsation does not move the blood forward in a natural way, but like a choked person swallows—very often failing to move the obstruction forward in the oesophagus. We not only find arterial pressure, but a water-logged condition of the heart—a labored condition of the heart and a weakened nerve power. It has been noticed that in the blood there were shreds of great sections of dead capillaries, with the obstructions lodged in them, and often a section with the obstruction bursting out.

The condition of consumption, then, is toxic blood—the formation of crystals and concretions in the blood; mechanical obstruction in the capillaries; arterioles; and even the arterial walls; which obstructions may finally extend to the heart valves and other cardiac tissues; obstructed parts of the skin; glandular derangements. A weak pulse shows the central nerve power is also weak and unable to perform its natural functions. Natural nerve power is essential to the utmost degree in nutrition.

Nerve irritations from toxins in the blood from too rich a diet is the principal cause of prolonged closure of the pores of the skin. These toxic matters, principally uric acid and urates, crystallize in the blood and are carried by the force of the arterial current into the capillaries and lodged in their formative stage, while they are small, and as the blood behind distends the capillary to its utmost, the crystal continues to form, until it may be twenty times the size of the capillary.

During the relaxation of the capillary, the blood is forced around the crystal, leaving fine shreds of blood fibrin disposed in all directions throughout the structure of the crystals. During the nervous contracture of the muscular structure around the capillaries, the crystals cut through,

or pierce the capillary walls and nerves, and give rise to the second stage of consumption—the formation of crystals in the blood.

Epsom salts dissolve the acid crystals in the blood. The crystals of the urates are the essential things to get rid of in the treatment of tuberculosis. This must be done before the diet can be of any service in building up the system. Pure blood is the essential in the cure of consumption.

There should be a determined zeal in the treatment, and persisted in until the toxic poisons are neutralized, and ten or more sponge baths may be given during the 24 hours, as follows: The application of warm Epsom salts water over the upper part of the chest and neck relieves a cough more than any medicine can. It relieves cough by lessening the amount of bronchial secretions, by lessening the toxicity of what is secreted.

We sponge a patient as he lies in bed until he goes to sleep; generally one-fourth to one-half hour's bathing will dissolve the urates in the dermal and sub-dermal tissues and put him to sleep. Then fold the towel the sponging was done with and lay it over his breast and neck and tuck it under his arms and round his neck and shoulders; cover him up warm and let him sleep as long as he can, while you rest.

He will sleep until the blood forces more urates into the capillaries to begin the torture anew. As soon as he wakes begin the bath again and continue till he sleeps; apply the cloth over the lungs, as before, and let him sleep and you rest, and so on all day and all night. A day's work bathing a patient with Epsom salts water saves his life and establishes the truth of what the disease is and what will cure it, and all other troubles that result from uric acid poisonings.

After all hope has gone and the physician has given up in despair, then is the golden opportunity for this treatment to show what can be done, and inspire hope, and fill

the disconsolate sufferer with a bright anticipation of being well again, and the repetition of the treatment with the warm Epsom salts water will extort from the patient many times a day his gratitude, and he will desire his baths as the seeming cough decreases.

Food should be a primary consideration after the toxins are neutralized, to build up the waste caused by the lack of elements in the blood, caused by the nerve exhaustion and excessive loss through pus expectoration and mal-assimilation of food eaten. Be careful not to feed the patient too much at any time.

NERVE WASTE

That all functions of the body are expressed through the nervous system is a conceded fact, and that every muscle and organ in the body is directly controlled at nerve endings, is a fact indisputable.

The nervous system, consisting of definite chemical elements, is in that regard, like every other tissue and muscle and organ; and that all motion requires force or power, it follows that the very expression of the nervous system in any part of the body requires a certain force to execute function.

It is also a fact that nerves cannot express themselves unless possessed with their normal chemical elements, and that their action reduces the chemical elements is self-evident; therefore, undue or excessive use of the nervous system in functioning any organ, reduces nerve power through expenditure of its elements.

As an illustration of what we mean, and we wish to be understood in this matter, we will consider the functioning of the eye.

There are six extrinsic muscles of each eye which control its action. The various movements of the eyeballs are made by the contracture of one or more, or perhaps, at times, all of them, and these muscles are supplied by nerves ending in them, hence their action causes nerve-waste.

The function called accommodation is controlled by the muscles which surround the lens, called ciliary muscles. They possess two sets of fibres, longitudinal and circular fibres, and the contracture of these muscles control the shape of the lens, hence perform that function called accommodation. Accommodation requires more nerve force, or power, to function than any other set of muscles in the

body, hence exhaust the nerve elements faster, and cause more nerve waste to function them.

Any disease may be caused by nerve exhaustion, therefore diseases cannot be cured until the nerve elements are restored. This is done by a rest of functioning and supplying the needed elements used in functioning them.

The deficiency of elements in the nervous system, caused by their over use in any part of the body, is really the thing denominated nerve waste.

If the functioning of any organ is excessive, it requires more nerve power, and if the entire system is **over-exercised** general nerve exhaustion ensues. This condition may also result from too much thought, or deficiency of food, or food lacking the elements necessary to supply the deficiency, or interference of nerve function in the normal functioning of the body.

The matter seems so easily understood that we shall leave the reader to gather the facts and grasp the ideas from studying the pages of this book.

WHAT SOMETIMES OCCURS FROM THE IMPACTION OF THE COLON

The colon is the receptacle of the refuse of the alimentary canal. It is a tube about five feet in length, in the adult, beginning at the end of the small intestine, at which place the blind pouch called the caecum begins, and is divided into four parts—the ascending, transverse, descending colon and the sigmoid flexure.

The ascending colon extends from the caecum upward on the right side of the abdominal cavity to the under surface of the liver, where it turns to the left, forming the **hepatic flexure**. The transverse colon crosses the abdomen from right to left to the lower end of the spleen, where it curves downward, forming the **splenic flexure**. The descending colon passes downward along the outer border of the left kidney, then inward along the outer border of the psoas muscle to the crest of the ilium, where it terminates in the **sigmoid flexure**. The latter is curved like an f, first upward and forward, then downward into a loop, which terminates in the rectum, opposite the left sacro-iliac symphysis.

The colon being the receptacle of the refuse of the alimentary canal, and this refuse being a foreign substance en route through it to be discharged, it becomes essential, in the very nature of things, to see to it that this organ be kept in a normal condition at all times, because the retention of the contents of the colon produces effects of very serious consequences, if not attended to, should nature fail to perform this duty.

One or more copious actions of the bowels should take place daily. If the evacuations of the contents of the bowels

be interrupted from neglect on the part of the individual, and a habit of neglect formed, the result is constipation. That is a condition of inactivity of the bowels, the deleterious consequences of which are incalculable.

The neglect of proper mastication, eating improper quantities of food, and the wrong combinations, are prime factors causing indigestion, hence this matter should demand careful and strict attention.

The retention of the refuse in the colon, too long, causes undue pressure upon its walls, expanding them unnaturally, stretching their muscular coats, thus interfering with the circulation of the blood and the secretory organs in its walls, as well as interrupts the function of the terminal nerve filaments, and pain or disease follows.

The accumulation may be so great that the pressure is extended to the pancreas, thence to the stomach, thence to the diaphragm, thence against the lungs, thence the heart, until all of the organs named may be involved.

The debris may become the habitation of bacteria, due to the decomposition and pustular exudate from the mucous membrane of the colon itself.

The decomposition of the feces furnishes a habitation for the bacteria which accumulate, chemically converting the mucous into pus. Bacteria burrows where there is pus, hence they become numerous, especially along the inner wall of the colon, where the mucous secretions and the feces unite to form the poison in which they live; and as this substance decomposes the mucous membrane, the bacteria burrow in it, they begin to burrow in the mucous membrane, eat into the intestinal wall itself, and start up a process which may be destructive to the tissue, to the extent that inflammation ensues. The generation of gas (and absorption thereof into the system) produces toxemia, which affects the entire system, causing any number of ailments, or any kind of disease; the results are many times fatal, and the doctor may never have known the cause of death.

The accumulation of feces in the colon is so often neglected, the ordinary diagnostician, as a rule, knows so little about the true cause of disease that this special part of the anatomy is shamefully neglected, and thousands of people are hurried to an untimely death, because of the woeful ignorance of the physician.

Almost every case of appendicitis can be traced to the effects of constipation, which is, almost invariably, caused by neglect on the part of patient, the impaction begins gradually, continues persistently, until accumulation becomes a source of irritation, inflammation, not only of the colon itself, but surrounding organs are disturbed by the undue pressure, and this may lead to complications which will not yield to any treatment until the contents of the colon are removed.

The irrigation of the colon by the use of a high enema tube, or the modern apparatus called the J. B. L. Cascade, is used. There are numerous apparatus which act admirably in that regard, and they should have a place in the bath room of every family in the land, and be used ad libitum.

The rubber tube, called the colon tube, attached to an ordinary fountain syringe, affords a convenient means where the more expensive apparatus cannot be afforded. By all means use something that will flush the colon so as to free the system from the accumulation and relieve the pressure from the surrounding organs, and thus cure the patient of many bad ills, not curable by any other means known.

THE DIVISIONS OF THE SPINAL COLUMN

In order to understand the functions of the nervous system as expressed by the leashes which emanate from the spinal foramina (the holes in the bony structure), it is necessary to understand the divisions of the spinal column. It will be understood that the spinal nervous system consists of a large bundle of nerves emanating from the brain, passing through the great foramen called the foramen magnum at the base of the skull, down through the spinal column, and distributed to all parts of the body, consisting of nerve filaments, ending in muscular structure, performing their functions at their endings.

The first division of the spinal column is in the upper portion of the cervical vertebrae, embracing the atlas, axis and the two next succeeding cervical vertebrae. From the foramina in this region emanate the nerve filaments denominated the vaso-motor nervous system, which controls the action of the muscular fibers surrounding the arterial system, and supplying the heart, the lungs, the liver, spleen, pancreas, diaphragm and all the internal viscera, ending in and constituting the abdominal brain, or solar plexus.

The student should remember that this is the most important division of the nervous system. From this locality we influence the circulation of all the fluids of the body, controlling the heart's action, arterial and capillary circulation, the entire breathing apparatus, modifying the action of the heart, the circulation of the fluids of the body; and is one of the most important centers of physical manipulatory work in the application of the science of Neuropathy.

Manipulations at this part of the cervical area demand our first and special attention in the treatment of all conditions wherein the circulation of the fluids of the body are involved.

Here we begin manipulations for all conditions of the head, neck and chest, to influence the functions of the entire body.

Whether the individual has inflammation in the head, neck, or anywhere in the body, due to the impediment of the circulation of the blood, this portion of the body should receive the first attention.

The second division of the cervical vertebrae consists of the fourth, fifth, sixth and the seventh, including the first dorsal vertebra. constituting the brachial plexus. From this plexus we have the anterior, posterior and outer cords, which constitute the three grand divisions of the brachial plexus. The brachial plexus functions the lower cervical vertebrae, the anterior and posterior thoracic vertebrae, the arms, fore arms, wrists and hands with nerve influence. All diseases having their origin in a disturbance of the brachial plexus are relieved by the treatment of this area.

The third division of the spinal column embraces the four upper dorsal vertebrae. Leashes of nerves emanating from the foramina of these vertebrae, are distributed to the intercostal muscles, pectoral muscles, serrati muscles, and control the size of the chest; hence manipulations in this part of the dorsal area influence the nervous system in its control of the functions of the muscular system surrounding the upper chest walls, and should be considered when the internal viscera is involved in that condition called disease; whether of the lungs, the heart, or any portion of the internal viscera of the thorax.

The fourth division of the spinal column, beginning at the fifth dorsal and ending at the twelfth, constitutes the splanchnic nervous system. From the fifth dorsal the first grand division of this system is given off, and is named the greater splanchnic nerve, and ends in the solar plexus. The second division of the splanchnic nervous system emanates from the sixth, seventh and eighth dorsal, and constitutes

the middle splanchnic nervous system, and controls the functions of the digestive apparatus very largely. The third division of the splanchnic nervous system, emanating from the ninth, tenth, eleventh and twelfth dorsal vertebrae, controls the functions of the kidneys, and is called the renal splanchnic. Manipulations or adjustments in this area control the organs in which this system of nerves ends.

The fifth division of the spinal column, beginning at the first lumbar, and ending at the fifth, articulating with the sacrum, constitutes what is known as the lumbar area. From these vertebrae emanate leashes of nerves which control important organs in the body, the most important of which are the procreative. The upper portion of the lumbar area influences, through the nerves emanating therefrom, the peristalsis of the lower bowel, controlling the action of the colon, with its flexures, and influencing the action of the small intestine, thus regulating the movements of the bowels. The second and third lumbar influence the genital organs, controlling their functions through the genito-crural leashes of nerves. From the third lumbar the control of the action of the abdominal muscles is exerted. The fourth and fifth lumbar control the muscular structure, the pelvic region and the muscles of the lower limbs. The nerves emanating from the sacrum constitute the greater portion of the great sciatic nerve, and control the action of the sphincter muscles of the lower outlets of the body. The coccygeal nerves control the actions of the rectum and muscles connected therewith, and are the ending of the great sympathetic nervous system, known as the Ganglion of Impar.

The sympathetic nervous system, which controls the entire spinal nervous system, has its origin in the Ganglion of Ribes, and ends, as stated, in the Ganglion of Impar, on the front and lower end of the coccyx.

WHAT THE HAND AND FACE TELL IN DISEASE AND HEALTH

By Dr. J. E. Lydon.

The most important thing is our health, both physical and mental. By knowing that the lungs, throat, kidneys and other organs of the body are weak, we can take care of them. We can take proper measures to strengthen them and thus prevent disease. The hand is the active servant of the system; therefore, it must be aware of all that affects the system. Medical science has demonstrated that there are more nerves in the hand than any other part of the body. The pulse can be felt only by the fingers; not even by the tip of the tongue, which is a very sensitive point. Scientists, and men of learning in all ages, have acknowledged that the hand plays the most important part of any member of the body. The medical professors have recognized a thumb center in the brain. In my own experience I find that when I am taking the pulse, I can read very correctly from the nails, skin and facial condition the patient's state of health, and know at once what particular treatment he needs.

Finger-Nail Points to Bear in Mind.

The finger nails reveal the person's condition of health, and the health as it has been for the past four months. The nails upon the right hand of the average adult, require about 132 days for their complete renewal in cold weather, while the nails upon the left hand require from 8 to 10 days longer. In the case of children the growth is usually a little more rapid. The thumb nail requires about six

months for its complete renewal. So in this nail we can read the condition of health for about six months back. The care of the nails does not affect the type. The man of ease may have short nails, while the man of labor may have long. The length of the nail is measured by the distance from where the flesh joins the nail to the end of the finger. People with long nails are not as strong physically as people with short nails. People with very long nails are apt to suffer with diseases of the respiratory system—head, throat and lungs. People with very short nails are more liable to suffer from heart disease, and diseases affecting the lower part of the body—kidney, bladder and lower limbs. If, on close examination, you find that the nails are very long, from $\frac{3}{4}$ to an inch, also curved from side to side, that person will have weakness of the respiratory organs, usually in the lungs or bronchial tubes. If the nails, in addition to being curved, are also ridged or fluted, the condition is aggravated, and it is almost a positive indication of consumption of the lungs.

Take special notice of the nail of the first finger. If this nail is bent inward at the base, is long, curved and pointed from the end of the finger, it is an unfailing sign of scrofula, or consumption. When these nails are found, you usually find, also, that the palm of the hand will often be very warm and feverish. The tips or ends of the fingers seem to be enlarged or swollen on the inside. When you observe any disease of the respiratory system, it is your duty to advise the person to take deep breathing exercises. He needs plenty of fresh air, inhaled through the nostrils. The vitality depends upon the respiration and the amount of pure oxygen taken into the lungs.

If you find that your patient has nails that are only moderately long, possibly $\frac{1}{2}$ to $\frac{5}{8}$ of an inch, but are curved and fluted, that person will suffer from throat and head troubles, such as catarrh, asthma and bronchial affections. If you find that the patient has nails that are long, not

much curved, wide at the top, contracted toward the base, and bluish in color, with very little of the white crescent showing above the flesh, that person has poor circulation of the blood throughout the system, resulting from past ill health, nervous prostration or apoplexy. This type of nail is very frequently noticed on the hands of ladies between the ages of 14 and 21; also 42 and 49, this being the period of special nervous strain in a woman's life. If your patient has very narrow— $\frac{1}{4}$ inch wide— $\frac{3}{4}$ to 1 inch long and highly curved nails, the spine is not strong, and often diseases of the spine exist.

If your patient has nails that are short, flat and having little or no white crescent showing itself, it is sure indication of weak action of the heart, poor circulation of the blood, and often torpid liver. Large white crescents at the base of the nails indicate a strong action of the heart and a good circulation of the blood. If you find short nails that are flat and triangular in shape, showing an inclination to lift up or turn back at the edges, and in some cases being concave in shape, the person is threatened with paralysis, progressive in its nature; as the disease advances the nails become quite purple and checked. It is quite possible for people to have paralysis, better known as apoplexy, as the result of some great physical or mental strain without having this type of nails. Diseases are indicated by short nails that are very flat and deeply sunken into the flesh at the base, and also by nails that are shortened through the habit of biting them off. Nervousness, as a result of impoverished blood, is indicated by nails that are covered with white specks or spots. These spots will disappear as soon as the system is toned up and put in good working order. Nervousness will also disappear. Black and blue spots are usually found under the nail or nails just preceding a case of typhoid or yellow fever, diphtheria or smallpox; these spots indicate the poison in the system.

When you observe that the nails are yellow, or flaked

with yellow and white, it indicates a torpid liver, biliousness, and possibly jaundice. The healthy color of all nails is pink. Very red nails show an excess of blood in the system. Nails very white in color with pale skin, indicate an anemic condition of the blood. If your patient has many blue veins in the hands it does not indicate that he is attached to Royalty and has blue blood in his veins. It, however, indicates that there is an excessive amount of carbon-dioxide in the system; he needs more fresh air.

The Skin.

When the skin is very pale in color it shows an anemic condition of the blood. When it is yellow in color, it indicates biliousness and liver trouble. When the skin of the hand has a pink and white mottled appearance, it is a sign of a well-balanced constitution and healthy blood. When the hand is very red in color it indicates that there is a superabundance of blood in the system and danger of apoplexy. When the texture of the skin is smooth and satiny-like, it indicates a tendency to gout and rheumatism. A rough, dry skin indicates a tendency to fever and skin disease through insufficient perspiration.

The Face.

When you see dark circles under the eyes, it tells of the condition of the kidneys, and indicates that they are overworked. A mottled or blotched complexion, especially around the chin, indicates that the bowels are very sluggish, and the person constipated. Styes on the eyelids indicate stomach trouble, due to mental disturbances. When the whites of the eyes are bloodshot, it indicates that the person has not had sufficient sleep, but is living in such a way as to cause an over-strain on the nervous system. When the lips are blue, or have a purple color, it indicates serious trouble with the heart, and a tendency to apoplexy, or serious heart disturbance, or blood stasis. When the eyes are becoming glassy in appearance, nature is giving warning that disintegration of the functioning of the system is taking place.

PATHOLOGY

The word "Pathology" comes from the word "pathos," which means "pain in the body", or the science of diseases. Were it not for pain we would have no idea as to what disease is. Disease is want of ease; want of ease is simply a lack of ease; an irritation that produces a sensation that is unpleasant, anywhere in the body, is called pain. Pain denotes a diseased condition, an abnormal condition. A description of disease has been the bane of ages. The medical profession has systematized diseases in such a manner as to separate them into various names, degrees, modifications and character; has attributed to them all kinds of causes, undertaken to relieve the pain without regard to the cause, by the use of opiates, sedatives, stimulants, tonics and all kinds of medicines. The effect of medicines, therefore, has been experimental; they affect the system according to the properties they possess. All medicines being foreign substances produce different effects in the system, according to their chemical constituents; and these chemical constituents are a combination of different molecules in their construction, possessing, to a greater or less degree, the chemical constituents of the four cardinal elements, carbon, hydrogen, oxygen and nitrogen. The medical profession supposes that these medicines have a special influence over the pathological condition when administered to the patient, per orum, or hypodermically, and have so educated the people to believe that medicines are essential to their happiness by relieving (?) them of pain and disease.

Diagnosis.

Diagnosis is describing the conditions complained of. In other words, it is a description of disease, its

cause, effects and consequences. The consequences are determined by the conditions found, and this is called "prognosis." Prognosis means telling the probable results of the disease, and these results are largely hypothetical, because many of the conditions which have been prognosed as incurable, spontaneously recover, regardless of the effects of the supposed remedial agencies and the disease itself, nature asserting itself when least expected. Hence the medical profession is a profession of experimentation, and until recently, no advancement has been made in the study either of disease or the effects or remedies. The profession has been keeping itself busy in searching for some cause outside the human body, and has endeavored to make the people believe that bacteriology is the leading thing essential in the medical profession, and demands more attention than medicine itself, attributing all diseases to some special school or class of bacteria, and have determined to destroy the bacteria through antitoxins or such agencies as, in their judgment, will be the most effectual in the destruction of the supposed enemy that has caused the disease.

LYMPHATIC SYSTEM

The lymphatics as described by Anatomists, are the delicate, transparent vessels which carry the lymph of the body, which is a product of the blood, back to the heart and lungs. The lymphatic vessels have two coats, the external and the internal, but no middle muscular-elastic coat. They are found in nearly every tissue, texture and organ of the body which contains blood vessels, but are absent in the non-vascular structures. They are nourished by blood vessels distributed to their outer and middle coats, the large lymphatic vessels having three coats. They possess valves of semi-lunar form, placed at much shorter intervals than the valves in the veins. They convey lymph to the blood, possess the property of absorbing certain materials from the tissues and convey them into the circulation; hence they are called absorbents. They discharge their contents into the blood at two points—the junction of the subclavian and internal jugular veins; on the left side by the thoracic duct and on the right side by the lymphatic duct.

Lacteals.

Lacteals are the lymphatic vessels of the small intestines, conveying chyle from the intestine through the mesenteric glands to the thoracic duct during the process of digestion. Lymphatic glands are small, glandular bodies, placed in the course of the lymphatic and lacteal vessels and found chiefly along the great blood vessels, at the root of the lungs, in the lumbar and coeliac region of the abdomen, the mesentery, the mediastina, the head, neck, axilla, groin and popliteal space.

The lymphatic system accompanies the veins, and as

the blood passes through the arterial system into the capillaries, the elements passing through the capillaries into the surrounding tissue, dissolves the waste material, builds up new material, and conveys the water through the lymphatic tubes, into the veins; and conveys this blood back through the venous system into the heart. The lymph being an exudate from the blood itself, and being composed of waste material is conveyed through separate channels throughout the entire body, and empties into two ducts—the thoracic duct on the left side, and the thoracic on the right side of the body. Impediment to the circulation of lymph produces inflammation of the glandular system, the lymph cells or follicles, and inflammation becomes malignant in almost all of the structure of the lymph follicles.

Malignant Disease.

Malignant disease in the form of cancer, attacking the glandular system, resists all kinds of treatment, being formed by the decomposition of blood chemically, and not permitted to assume a solid form, is allowed to exude through the glandular tubes, and constantly drain the entire organism. No application to a cancer in the form of fluid or paste, is absorbed into the tumor, because of the condition—a constant exudation of the fluid portion of the gland and lymph follicles. The glandular system is of vital importance in the circulatory apparatus. It, like the veins, becomes the sewerage of the body, and obstruction anywhere in the lymphatic tubes produces the same kind of effects as obstruction in the veins. Hence the importance of relieving the pressure from the entire organism, so as to include the removal of the pressure from all the vessels involved, together with the nervous system. The circulation of all the fluids is an essential under all circumstances—the perpetuation of health, or the removal of disease, when existing. The glandular system possesses the power, and whose functions are the secretion of fluids for the pur-

pose of lubrication or dissolving tissue or food, must be kept free from pressure in order that the glands perform their normal function. Obstruction to the glandular system in the mouth, embracing the three large glands that furnish the saliva, would interfere with the digestive process and cause disease, on account of not digesting the food so that it could be assimilated. Whether obstruction takes place in the ducts leading from the glands, and from the organs to be lubricated, or whether interference to the extent that lessens the function producing deficiency of the secretion, has the same effect. Excessive irritation of the glandular system would produce excessive secretion, and thus being weakened by its excess, would weaken the process of digestion and produce disease also. Interference of the circulation of the lymphatic secretions results in toxemia and a general poisonous condition of the entire organism, any kind of disease may ensue.

The same thing holds good in the obstruction to the circulation of the venous blood. Where congestion is the result of impeded lymphatic circulation, the glands always overflow, and results are manifest in toxemia, enlargement of tissue, fever, redness, swelling, inflammation, pain and in many instances, death.

The importance of keeping free the circulation of the lymph and the venous blood, cannot be over-estimated. The manipulations of the body should have for their object the freedom of the circulation of all the fluids, and the removal of all undue pressure upon the nervous system, remembering that MIND permeates every tissue in the body through the filaments of the nervous system and expresses itself at the endings of the nerves. If there be pressure anywhere along the line of the nervous system which interferes with the communication of the mind, a disturbance is manifest where the filaments end; whether that be by excitement, stimulation, building up the tissue or tearing down the tissue, or the arrangement of molecular structure in the parts.

SPINAL TREATMENT

The various conditions called disease, are reachable through spinal nerves. There are thirty-one pairs of them, and each leash has a special function, and where the filaments, of each leash, end the functions are expressed; either in motion, sensation, or sympathy.

That function denominated sensation may be expressed by pain, and usually it is an indication of some pathological condition, and conditions may cite to some lesion which interferes with normal function

It will be noted that a normal condition of the system means normal function. Normal function means painless functioning of all of the organs in the body.

Where the leashes or bundles of nerves emanate, or pass out of the foramina, on the sides of, and underneath, in front of the lamina of the vertebra, they begin to pass out of their sheath, and begin their functioning; for there is where they begin to enter into the muscular, or other, tissue, and as they pursue their course they continue to spread out in the tissue until all of said leash has ended in tissue; perhaps having passed through several structures or muscles, each filament ending somewhere along the line from its emergence from the spine, to where it ends.

This is the case with each and every nerve in the spinal column, normally. The upper portions, especially the upper cervical, control the tissue in which each filament ends, and may act in combination with other nerves which may come from other foramina, even remotely from the locality supposed to be governed thereby.

Nerves emanating from a special, or any, foramen, may not end in the muscle at the beginning of its exit therefrom, but may pass through many muscles and not begin to

distribute its filaments until several muscles have been traversed; so that we should be cautious not to overestimate our conclusions until we know we are right.

Neuropathy pertains to the functioning of the nervous system, and should we make a mistake as to the function the nerves perform, emanating from a special foramen, we prove our inability to diagnose conditions, and thereby lessen the confidence of our patrons. The Neuropath should know his business, for every condition known as disease is more or less influenced by the nervous system.

The nervous system influences the circulation of the blood and other fluids of the body; the manufacture of the various secretions in the glands is the product of nerve influence, they being the conveyancers of the **intelligence**—the mind—which permeates every tissue.

It should be understood that interference with nerve filaments, undue pressure, or exhaustion from excessive functioning of eyes, or genital organs, causes many functional, human ills, which, if arrested, permits normal conditions to be re-established, and health restored.

SUGGESTIVE THERAPEUTICS



By Edward B. Warman, A. M.,
Author of "Psychic Science Made Plain."

The mind—and the body through the mind—is controllable by suggestion. A suggestion, however, is not necessarily verbal, but is often caused by something you see, hear, touch, taste or smell. The mind can be stuffed, starved or poisoned as truly as can the body. I have every reason to believe that there is not a disease known to man which cannot be remedied and, in many cases, cured if the mind of the patient be prevented from retarding the recovery of health.

One of the most noticeable facts in life is the great difference in the capacity of various persons to make impressions and command obedience through suggestion. As men differ widely in their **physical** capacity, so do they in their **psychical** force. Some men may hurl missiles with greater force than others; so some men may project their ideas with greater effect than others. One man may address a jury, and the effect of the speech is only soporific. Another lawyer addresses the same jury on the same subject, and immediately every man is alert,

wide awake, and fully convinced that he is listening to the truth. The last speaker knew how to drive his thoughts like javelins; he knew how to suggest forcefully. Such persons get the best results as healers by suggestion.

The Law of Suggestion.

Said the late Dr. Hudson: "The law of suggestion correlates all systems of mental healing; and all healing by mental process is dependent upon the law of suggestion, consciously or unconsciously applied."

A placebo is a therapeutic suggestion which the medical profession has thoroughly understood and successfully practiced for centuries.

An amulet is a therapeutic suggestion which the superstitious have effectively employed for ages.

A saintly relic is a therapeutic suggestion which "the church" has employed with wonderful success since the days of Constantine.

The insensate jargon of the Christian Scientist constitutes a therapeutic suggestion which has proved effective in thousands of cases. It is especially efficacious with those who are governed by their emotions and are untrained to habits of correct reasoning.

It will thus be seen: first, that an effective suggestion is not necessarily an oral suggestion; second, that it is not necessarily a statement of fact; third, that the power that effects the healing is resident within the patient, and is not dependent upon any extraneous force whatsoever.

Health is positive; disease (lack of ease, as the derivation of the word implies) is negative—not a thing in itself but merely a condition denoting the absence of health. Just as a light turned on in a dark room will overcome the darkness, or a fire made in a cold room will overcome the cold, these two positive elements making of a formerly chill and gloomy apartment one of warmth and cheer; so will positive thought, emotion, and manner of

life restore harmony where now physical inharmony exists. Health (harmony) is the normal state of man.

Faith an Essential Element.

Jesus of Nazareth was the first to define this necessary condition. "His whole career," said the late Dr. Hudson, "was demonstrative of the truth of His declaration." All the experimental researches of nineteen supervenient centuries have served to confirm and illustrate its truth. In that declaration He summed up the whole law of mental healing in that one word, "Faith." That was the one mental condition on the part of the patient which He constantly insisted upon as essential to the exercise of the power. That it was essential was clearly evidenced by the fact that He could not succeed in healing the sick in His native city "because of their unbelief."

Note the faith of the woman who "pressed through the throng and but touched the hem of His garment and was instantly cured after having suffered many things of many physicians for twelve years, and had spent all she had, and was nothing better, but rather grew worse."

This is the record given by Mark; but Luke, being a physician, gives a different account and thereby avoids any reflection on the medical profession.

The healing art, as practiced by Christ and His disciples differed from some of the more modern methods in this regard—He knew no limitations and, knowing full well that a physician's diagnosis is not always infallible nor his judgment faultless, He did not ask for a physician's certificate as to the condition—organic or otherwise—but we are told that "He healed all manner of diseases."

All that was required then; all that is required now, is the implicit, unswerving, unfaltering faith in the inherent power—not an extraneous force. The gist of the whole matter lies in the law of suggestion which, in the

hands of a skillful psychotherapist, sets in motion the energizing principle of the soul—the dynamic thought-force.

The Subjective Mind.

The soul is a separate entity and, as such, possesses independent powers and functions, having a mental organization of its own. It does not depend upon the body for its existence. Its highest faculty is intuition. It reasons only deductively. It controls all the silent, involuntary and negative functions of the body. It is amenable to control by suggestion. It is the seat of the emotions and the storehouse of memory. Its memory is absolute; in fact, everything you have ever heard or read or seen or said or even thought is registered in the subjective mind.

This inherent power runs the entire human machinery when the objective mind is asleep or in abeyance; in fact, it runs it better when not interfered with by adverse suggestions from the objective mind.

When you consider the fact that this inherent psychic power has absolute control over all the functions—nutrition, waste, all secretions and excretions, the action of the heart in the circulation of the blood, the lungs in respiration, and over all cell-life, cell-change and development—and that this power can be evoked and controlled at will, you will begin to realize something of the wonderful curative agency at your command.

Auto-Suggestion.

An auto-suggestion (self-suggestion) is as potent in its influence as is a suggestion given by another. Therefore, we should be very careful as to the thoughts we hold in our objective mind; for we make or mar our lives accordingly.

The objective mind—otherwise known as the “conscious” mind—is the mind of the physical brain. It

is born with the body, develops with the body and, as a **separate entity**, perishes with the body. It has for its media the five physical senses. It depends upon the body for its existence. It has control of all the voluntary functions of the body. Its highest faculty is reasoning; it reasons both inductively and deductively. Compare this mind of the body (objective) with the mind of the soul (subjective). You will perceive how very important it is to have harmony between these two minds in order to have desirable results.

In auto-suggestion, remember that mind is indivisible. You cannot think of two things at the same time (objectively) any easier than you can be in two places at the same time. Therefore, concentrate your mind, with implicit faith, on that which you **desire** rather than upon the condition that **exists**, if the condition that exists is undesirable. Also remember that thought takes form in action. This applies with equal force to health and to business. You cannot dwell upon a diseased condition of the body and, at the same time, reasonably expect health. For the same reason you cannot dwell upon failure in business and, at the same time, reasonably expect success. Nor is there need to deny the evidence of the senses. To say that you are **well** when you are suffering excruciating pain; to say that you are **rich** when you haven't a dollar to your name, places you in the category of "cheerful liars."

In giving yourself suggestions it is not enough to **hope** (this is sometimes expressive of doubt); it is not enough to **desire**, but you must **expect** that for which you hope and desire. The mere telling the subjective mind is not sufficient; an impression must be made through **feeling** it must be so. Mere words are often caught in the mental machinery and never get any further.

Adverse Suggestion.

When you have been healed of any ailment—whether of the body or the mind—by whatsoever system, "regular"

or otherwise, beware of adverse suggestion. "No recorded words," said the late Dr. Hudson, "that the Master ever uttered display a more profound knowledge of the underlying principles of mental healing than those He used when and where the occasion demanded it—'See thou tell no man.'" If you allow an adverse suggestion to find lodgment it will grow and grow until it becomes a verity in consequence of your belief.

Cast Out All Fear.

You never can have release from illness or business difficulties so long as the fear-thought finds lodgment with you. Fear and expectancy do not co-operate. Fear is negative; fear invites albeit in a negative manner. You should hold a positive mental attitude because fear lessens the vital action, obstructs the functions of the glands, retards the secretion of the gastric juice and diminishes the vitality of the blood corpuscles—the standing army of the body—and thus, through fear, the invading host enters, takes possession, and destroys the health of the individual.

"Flee from fear, and still the faster

Fear comes on.

Turn, assert yourself the master;

Fear is gone."

The possibilities of suggestion are many. I have mentioned but a few which, of themselves, are suggestive of the great scope of work that may be done. It is of inestimable value to the child that is backward in his studies; for the unruly child in school; for the wayward boy or girl who does not heed the wise counsel given. Also, one's natural talent may be greatly developed; in short, there is no occupation nor profession for which one has an aspiration that the necessary inspiration cannot be evoked and the inherent power set in motion.

SUGGESTION

The word itself is suggestive of an act, a word, a belief, confidence. All intelligence comes from without us. We know things only as we learn them.

Our intelligence is expressed in words. We think in words. Words are things. Had man never been spoken to, he would never have spoken. Without speech, oral, or by signs made or written, we would have no way to communicate our ideas to each other. Words express thoughts.

The influence of suggestion depends upon the interest of the recipient. A state in which the mind is passive, and recipient, interested, are absolutely conditions of importance.

Faith in anything, along any line, renders the individual recipient, and this condition is an essential on the part of the recipient in order to derive benefit from suggestion—that is, inspire confidence in the thing suggested.

It also requires faith in the suggester and the suggested, before effects ensue. Without faith nothing can be done; nothing is done.

Confidence removes all fear on the part of the suggested, and is an essential condition to be in, in order to derive benefit.

The suggester should be a man of earnest, honest endeavor, having strong faith in the work being done, and should never falter in the least, but always be in earnest, expressing in himself implicit confidence in his work.

The suggester, the educator, the minister, the lawyer, the workman of every line in life, to be successful, must be in earnest, have faith in what he is doing, to be successful, and be any benefit to his fellow men.

The minister who is not inspired with faith in his work,

is unsuccessful, and his auditors are lacking in confidence in him. This is true in every department of life. The one who is not in earnest in his work, is a failure.

The teacher **must** believe what he teaches, and express sufficient zeal to inspire implicit confidence in his pupil; then he can get undivided attention, and his labor will be eminently successful.

No one can derive the full benefit of his labor, without being in earnest. Concentration of the mind, fixedly and steadfastly, is the only way to learn any subject. One can only grasp an idea by intense, fixed earnestness.

One's earnestness expresses his confidence along any line in life. The legitimate use of suggestion, in the cure of disease, should be all one should desire, and these properly made, make remarkable changes in the one receiving the suggestions, and acting upon them. Many remarkable cures are made, not obtained otherwise, and in many instances the whole life is changed.

Fixed states of mentality, even in cases of insanity, suggestions have wrought cures; **restoring the insane to a normal state at once**—changed the thought, life; changed the relation of thought to its normal status.

HOW TO CHANGE YOUR LIFE BY AUTO-SUGGESTION

You cannot do anything until you think you can. You will remain on the sidetrack until you have the confidence that you can get back on the main track.

Most people sidetrack themselves. They leave the switch open and run off the track from carelessness and never have courage or gumption enough to get back again. Many people cannot get up because they think that luck or fate is against them, that it is no use to try.

The man who says there is no use trying will never rise and never get on; in fact, he will never get anywhere but further down.

All of the creative forces of the mind fall into line with expectation. There is no law by which we can attract one thing while expecting something else. Most people torture themselves a large part of the time with their own bad thinking, with their own discouraging thoughts. "Man is not the creature of circumstances. Circumstances are the creatures of men," said Disraeli.

Never allow yourself to think of the possibility to be even a failure. Stoutly assert that there is a place for you in this world, and that you are going to fill it like a man. Train yourself to expect great things of yourself. Never admit even by your manner that you are destined to do little things all your life. If you practice and persistently hold the positive, producing, opulent thought, this mental attitude will, some day, make a place for you, and create that which you desire.

If you are ambitious to do anything great, anything distinctive, the greatest thing of which you are capable, spare

no pains or expense in keeping yourself in superb physical and mental condition, keeping your life in tune with your great life-purpose. Keep it free from everything which would cut down its creative, productive power. You cannot afford to harbor fear, doubt and discouragement, for they will halve your efforts and perhaps absolutely neutralize them.

There is nothing like putting yourself in tune with the best thing in you, with your highest ambition, every morning. You will then be in position to do the best thing of which you are capable. Everywhere we see men trying to do great things upon which may hang vast interests, with their minds all crowded, crippled and cramped with the enemies of their achievement, and they do not know how to get rid of them.

Never allow yourself to commence your day's duties with a hard expression, with a discouraging, dejected, melancholy sort of air about you. If you do you will find everything is likely to go wrong with you during the day. Start your song with the right key or you are likely to have discord throughout the day.

All of the body follows the dominating thought, motive and feeling, and takes on its expression. For example, a man is constantly worrying, fretting, a victim of fear, cannot possibly help out-picturing this condition in his body. Nothing in the world can counteract this hardening, aging, ossifying process but a complete reversal of the thought, so that the opposite ideas dominate. The effect of the mind on the body is always absolutely scientific. It follows an inexorable law.

We cannot conceal our thoughts, because each one of them is like a chisel, continually cutting its autograph and its photograph upon the mind and body, so that everybody who looks into our faces reads our secrets. It looks out of our manner, our bearing, and proclaims our real self to the world.

Wherever thought dominates the mind at any time, it is continually modifying, changing the life ideal, so that every suggestion that comes into the mind from any source, is registered in the cell-life, etched in the character, and out-pictured in the expression and appearance.

You will be surprised to see what mere persistence in holding your thought stoutly toward success and happiness will bring you. Constantly expect something large of yourself and refuse to allow your doubts and fears to cripple your efficiency.

People do not realize how rapidly vitality is wasted in friction, in worry and anxiety, in harsh discordant notes which destroy the harmony of life.

If you feel discordant, strangle the thought, do not dwell upon your troubles or harbor them. Every time you retail them, or encourage others to retail theirs, you sow seeds for a new crop of the same kind. "Exchanging symptoms is a vicious pastime, as it gives to other people by suggestion," says a writer.

Keep the mind so occupied and the life so full of good things that there is no room for the bad, no time for worrying. Keep the mind so occupied that there will be no opportunity for the enemies of your happiness and your prosperity to gain an entrance.

The full mind is the happy one. The empty mind, like a vacant lot, is soon filled with all sorts of noxious weeds. We would develop a life philosophy that would protect us from the enemies which would rob us of our birthright—happiness, a complete, joyous life. We ought to absolutely refuse admission to any thought, suggestion or mood, any sort of mental enemy that can make us suffer or rob us of divine mental poise, sweet serenity which is the glory of life and which is possible to every human being.

Many people go through life doing the weaker thing, smaller thing, when the tremendous power was lying latent in their natures, only waiting to be aroused, power which

would have enabled them to have done infinitely greater things.

The power of self-suggestion to lead to self-discovery is simply beyond calculation. We can thus dive into the depths of our own natures and find possessions which we never before realized were ours.

Even those who are doing the great things today are probably not reaching up to anything like their possible height, are probably not using anywhere near all their power. Vast reserves are lying in all of us, waiting to be uncovered, to be utilized.

We are constantly being surprised by youths and young people who start out for themselves and do wonderful things without capital or influence, and we say, "Well, it was in them;" but people who do these things, do not seem to think that perhaps an equal or greater power is in them too.

When you go into an undertaking, just say to yourself, "Now this thing is right up to me. I've got to make good to show the man in me or the coward. There is no backing out."

Repeat to yourself some inspiring bits of poetry or sayings such as, "Give me the man who faces what he must."

"What I can do, I ought to do.
What I ought to do, I can do.
What I can do and ought to do,
By the grace of God, I will do."

You will be surprised to see how quickly this sort of auto-suggestion will brace you up and put new spirit in you.—The Nautilus.

ELIMINATION AND CELL ACTIVITY

First, you must realize the tremendous importance of the elimination of all waste matter from the intestines or bowels, the lungs, kidneys and skin.

We take food in order to gain energy and strength, yet frequently we use more energy to remove the waste matter formed than the same amount of food could possibly supply, and we wonder why our strength decreases instead of increases when we are able to eat so much—it is a mystery to us.

Almost all disease has its origin in an accumulation of decaying waste matter.

For example, it is impossible to “catch a cold” if the body is not first weakened more or less by waste matter accumulating throughout the tissues and clogging the pores.

When these waste products cannot be removed through the ordinary channels, nature, in her efforts to save life, utilizes the skin and mucous membranes as excretory organs for the time being. When the skin is used there is eczema, shingles, boils, scurvy, and all sorts of sores; when the mucous membranes are made excretory organs there is sore throat, diphtheria, fistula, piles, catarrh, consumption and even pneumonia.

Let us think for a moment of the various ways in which waste matter is formed in the system. First there is a large amount of waste—the remains of food—the parts which cannot be digested. Then there is the waste caused by the little cell fires which are burning in all the tissues of the body.

The energy we use in our work is the result of the burning of the body structure and the digested food which has entered the blood. Every move we make, every thought

we think uses up a certain amount of electric energy. This energy is generated by the coming together of the acids and alkalies of the body and food, causing the chemical changes or fires which are going on through the whole system. Now each and every one of these little fires leave their waste matter or ashes just as there are remains left from the fire in the grate or stove. Each cell of the body eats (assimilates), breathes (takes oxygen from the blood) and forms waste matter which must be eliminated. Failure to recognize these facts are the cause of the misunderstanding of what disease truly is and keeps us from quickly regaining normal health once sickness and old age overtake us.

Elimination is the very foundation of normal health. When the body reaches maturity.

The same amount of solid matter taken daily into the system should be daily eliminated. When these waste matters are not regularly and thoroughly gotten out of the system they cause growths of bacteria in the intestines which are a constant menace to life and health; the gas formed by their fermentation penetrates the walls of the stomach and intestines until it reaches and paralyzes the nerve centers of these organs. Again, this decaying mass enters the circulation causing sluggishness of the blood stream and inactivity of the vital organs. If this continues for any length of time the circulation is greatly impeded, the life fires are put out, uric and various other acids are formed, and serious diseases like dropsy, diabetes, Bright's disease, etc., follow. There can be no assimilation unless there is elimination.

I cannot impress upon you too strongly that the body must daily eliminate from its various excretory organs—the intestines, kidneys, lungs and skin, the same amount of substance that is taken into the stomach. When this is the case there can be no lowering of the vital force or electric power of the body.

Elimination to be perfect and fundamental must begin in the cell. We know that each cell eats, breathes and forms waste matter. Now, how are these waste matters eliminated from the body? Carbonic acid is removed by the lungs mainly, but also by the skin; urea, which is the real ash and normal waste of the body, is eliminated by the kidneys and to a great extent by the skin. The skin is in reality both a third lung and a third kidney, as it always aids in freeing the body from urea and carbonic acid, and if there is disease or congestion of the lungs or kidneys, life is saved by the power of the skin to eliminate these deadly poisons, which if allowed to remain in the body would cause death.

While we can control elimination from the bowels and kidneys by being regular in our habits and by increasing our electric production and directing plenty of power to these organs; from the lungs by plenty of fresh air and breathing deeply, so that they can easily empty out the carbonic acid brought by the blood; from the skin by frequent bathing, keeping it clean and giving it free access to air and light as much as possible—how are we to regulate cell elimination?

Cell elimination, which is of the most vital importance to health, is accomplished through the alkalinity of the blood.

Now, what do we mean by the alkalinity of the blood? The word sounds formidable, but it simply means that the blood is rich in positive alkaline salts, and in this state it has the strongest attraction for the waste acids, drawing them from the tissues in which they are formed, and dissolving some, and combining with others, carries them off to their separate excretory organs from which they are eliminated.

Acids and alkalies have the strongest attraction for each other, while two acids repel; thus we see why the blood must continually be kept in a highly alkaline state,

always well supplied with the positive alkaline salts, sodium, potassium, magnesium, iron, phosphorus, etc., in order that the poisonous acids, carbonic, uric and various others are not allowed to accumulate.

Bear constantly in mind that it is the continual union of acids and alkalies which produce the electrical power of the body. In normal health the blood and tissue fluids are highly alkaline, all the wastes of the body are acid, and when the right balance is maintained, the waste products formed in the system as the result of our work, study, thought, etc., are easily taken care of, and instead of being detrimental to life and health are continually producing electricity on their way out of the body. Nature is the great and wise economist; we have much to learn from her laws and methods. It is only when the blood and tissue fluids which should be alkaline are rendered acid that disease is possible.

Ill health and old age are the result of a lowering of the body's electric energy and the chief cause for this is poor elimination. There can be no evil results from work and the formation of natural waste products in the system, provided the blood is abundantly supplied with the alkaline salts to dissolve and neutralize them.

Even in asphyxiation, two men can take into their systems the same amount of carbonic acid, but only the one whose blood is acid, or at least poor in the alkaline properties, will die; the other will be gradually exhausted as the alkaline salts become used up, but he is usually easily restored.

Keep the blood in a highly alkaline state and you need not fear sickness. You may go where you please with alkaline blood in your veins; no germs of typhoid or any other disease can harm you or withstand the germicidal power of your alkaline blood, forming as it does rushing streams of voltaic batteries, producing the power to quickly electrocute or burn them up.

Thus you see the normal alkaline blood has a four-fold function: the nourishment of the tissues; the circulation of oxygen; the elimination of waste matter from the cells of the body, and the electrocution of all micro-organisms or bacteria, which may enter or be generated within the system.

Now, what must we do in order to maintain the blood's normal alkalinity, and thus enable it to function with power?

It is very simple; all that is necessary is to supply the body with an abundance of the right kind of fresh foods in their natural condition—those which are rich in the positive, alkaline salts, sodium, magnesium, potassium, iron, phosphorus, etc.

For example, take carbonic acid, which is being continually formed in the system every moment we live. What is the essential for its elimination? Living in well ventilated rooms and breathing fresh air, you will say. Very good. That is of vital importance, but do you think that carbonic acid travels in the blood as a gas? No, it cannot move from the organ or part in which it is formed unless the blood upon reaching that part contains the alkaline salt, sodium, which combines with carbonic acid. This salt, sodium, acts as a sort of policeman or guard over the various acids formed in the system and carbonic acid in particular, its office being to "lay hold" as it were on all the carbonic acid and see to it that it quickly leaves the body. In order to do this it forms a sort of loose combination with this gas and together they travel away to the lungs where they part company, the carbonic acid being expelled in the outgoing breath, the sodium remaining in the blood to repeat the process with the first carbonic acid it encounters.

From these facts you must see clearly the great importance of supplying the blood bountifully with this positive alkaline salt, and as carbonic acid is eliminated by

sodium so are the other acids, which have formed in the body, neutralized and dissolved by other essential salts of the blood.

Then take iron. Do you realize that the blood is unable to absorb oxygen from the atmosphere without this element is present? Oxygen is a negative acid gas and cannot travel through the body or be absorbed by the blood except as it combines with iron and thus transports itself. Here again we realize the importance of the alkalinity of the blood and understand why it is useless for the various systems of breathing to claim that the body can be healed by oxygen alone. When the blood is acid it contains little or no iron, and consequently repels the negative oxygen instead of attracting it. Iron is the medium of the transportation of oxygen between the lungs and tissues of the body.

We get these essential alkaline salts in great abundance from the green leafy vegetables and growths such as spinach, lettuce, watercress, asparagus, cabbage, dandelions, the green tops of beets, etc. Also in roots like the radish, beet, turnip, the potato to a certain extent, and especially the onion and carrot. Indeed, any of the vegetables growing in or on the soil are rich in these elements; young peas, and string beans, squash and cucumbers; and very important relaxing agents are the melon and cantaloupe—first they are rich in these organic salts and again they contain an abundance of natural distilled water which is marvelous in dissolving the earthy deposits which accumulate in the arteries and tissues. In the hot weather and during fever they aid in regulating the heat of the body and their gentle purging of the cells, as well as of the bowels, reduces fever and prevents congestion.

Most important of all, however, are the cereals in their NATURAL state—that is, where the dark outer layers of wheat, barley, rye and rice are retained they make perfect foods.

The grain of wheat contains every element of which the body is composed; the rebuilding material, the force producers and also the eliminators of waste acids. Man not realizing that elimination is one of the prime necessities of life and health, not understanding that a food is a perfect food ONLY as it contains the eliminating elements as well as the rebuilding and force producing materials, polishes and grinds off the dark outer layers of the wheat and leaves it consequently only a partial or "proximate" food—the valuable alkaline eliminators are thrown away or fed to the cattle.

If you intend to regain health and maintain the alkalinity of the blood, avoid these partial, proximate foods which have been ruined through refining. White flour and white sugar are both proximate foods. Replace white bread with whole wheat and use this grain also as a cereal instead of the highly refined and "partially digested" breakfast foods you may be taking at the moment. The value of all food is seriously lessened in these refining processes. Bran also makes a splendid bread and can be purchased in an ordinary feed store for a few pennies; use two parts bran and one of white flour, adding some freshly chopped nuts to give flavor if you desire. These breads must never be eaten on the day they are baked, but should be allowed to become stale, then toasted and taken with sweet butter or in milk.

Honey contains large amounts of organic salts and it is well to use pure honey on bread and cereals instead of white sugar. Children should be given this and also pure New Orleans molasses as it is a powerful cell laxative. Figs have these organic salts in abundance, and the fresh, whole olive is a more normal food than is olive oil. It may seem strange to you, but olive oil contains none of these salts and its effect upon the body is purely mechanical—that of a lubricator of the joints, intestines, etc. Olive oil, while essentially necessary for lubricating pur-

poses and as a force producer, is injurious if taken in excess, while the whole olive is a perfect food and a powerful cell eliminator.

Fruits are also very rich in organic salts, but you will notice that I am not advising them, as I prefer my students to get these elements from VEGETABLES and CEREALS, rather than from fruits, for the simple reason that the latter contains so much free acid, it is the exceptional stomach which is not injured and irritated by its presence.

Many hold that fruit stimulates the appetite, that they cannot eat breakfast unless they first take grape fruit, lemon juice or an orange. Well, all irritants are stimulants, and it is better to await a natural appetite than to force a false one.

Free acid retards digestion at every step. You will remember that this process begins in the mouth where the food should be ground up, moistened and mixed with the alkaline saliva. The saliva has a chemical effect upon the food, converting its starch into a form of sugar called maltose. Free acid interferes with this process as it immediately stops the flow of saliva, puckering up the glands and mouth. The simple thought of acid stimulates the flow of saliva, while its actual presence stops it. This is because the saliva is so delicately alkaline, and free acid is such a crude irritant. The food of many an old person is ruined in the mouth on account of the teeth, the decay of teeth being the result of a germ causing a great amount of lactic acid.

When the food enters the normal stomach the process of converting the starch into sugar continues for fully fifteen or twenty minutes. During this process the glands rapidly secrete the necessary acid and manufacture the gastric fluids; finally the electrical attraction between this acid fluid and the highly alkaline contents of the stomach is so great that the little glands are forced open, and in flows the gastric juice.

If the food was in an acid condition upon entering the stomach, owing to the ingestion of free acid, or had it fermented on account of the inactivity of that organ, this electrical attraction could not exist. You will remember that acids repel acids and attract alkalies. The secretion of the normal gastric fluids depends upon the alkaline condition of the stomach's contents.

All proceeding well, the stomach is now ready to take up its own specific function in the digestive process, that of converting the albuminoids or proteids of the food into a soluble and assimilable form known as peptone, and it is for this part of the digestion that the glands have secreted the gastric fluids.

The normal acid of normal gastric juice is hydrochloric acid, and is secreted by the stomach itself, in the proportion of one to four per thousand. All experiments prove that organic acids like lactic, acetic, free acid, etc., interfere with the action of hydrochloric acid. You thus see how wrong it is to take acid fruits with the thought of aiding digestion by supplying a fuller amount. The hydrochloric acid of the gastric fluid and the free acid of fruits and that resulting from fermentation in the stomach are entirely different elements. There is but one fruit among the many we take which contains any element that could aid digestion, and that is the pineapple which is rich in bromeline.

Sometimes the stomach makes a mistake itself, and secretes too much of the natural hydrochloric acid, thus destroying the digestive power of the gastric fluids. For example, when the proportions are one to three per thousand, instead of one to four, digestion is only slowly carried out. Thus you see how fatal it is to use much free acid, especially with other foods,

Through the mixing and mingling of the food with the acid gastric fluid, digestion has now progressed quite far, much electricity has been produced and the stomach

has an acid reaction; the result being that an electrical attraction is again set up, this time between the stomach and the upper intestine with its highly alkaline juices, the bile and pancreatic fluids; and just as the glands of the stomach were opened for the admittance of the gastric juice, so does the pyloric orifice now open up, and the food in a liquid form passes through into the upper intestine.

If when entering this organ the food is excessively acid instead of being just slightly so, the bile and pancreatic fluids are rendered ineffective as they are neutralized by the acid of the stomach's contents. In order to complete digestion in a thorough way, both these fluids must be kept highly alkaline; they should not be neutralized or in any way have their alkaline power decreased. They can, of course, stand more acid without being affected than can the feebly alkaline saliva, but nevertheless acid is detrimental to their full, quick action.

When there is indigestion in the upper intestine, large amounts of poisonous gases are formed, causing pressure upward against the stomach, liver and heart. This is the form of indigestion which results in heart disease and causes intense suffering to the patient, often resulting fatally.

There is very little free acid in sweet fruits, but they are so apt to ferment in the upper intestine, on account of the saccharine and other organic matters which they contain that it is wisest to leave them alone. Fermentation is self-sustaining. Like fire which when once started leads to a big conflagration, so does a little fermentation result in the formation of a large amount of acid, and we thus never get any benefit from the organic salts which fruits contain.

Free acid has no place in true food. It exhausts the alkaline salts of the blood in order to neutralize itself. It stops the action of digestive fluids, or at least retards

them; lessens nutrition, prevents elimination and lowers the electric energy of the whole system. Nature is able to take care of such acids as may be liberated in what are called natural foods, but the constant tendency to use "proximate" foods, those which have been put through various stages of refining, and also to take fruits containing free acid and food in which there are acid making microbes is very serious. Once digestion is interfered with, the vitality is lowered.

The diet has become a very complicated subject in recent years. We are warned against this, that and the other food until the majority of us are afraid to eat anything. However, there is no necessity for this fear or confusion. By simply bearing a few fundamental laws and rules in mind there can be no trouble.

The primary essential is to supply the stomach with sufficient electricity to function properly, as no matter how fresh the food, or fine the combination may be, some power is required to digest and prevent its fermenting into an acid condition. If you will take a bountiful supply of vegetables, whole wheat and bran advised in these pages, cutting down (out in many cases) on meat, giving up white bread, tea, coffee, alcohol and such stimulants, taking most SPARINGLY of ordinary table salt, ruling out ENTIRELY fruits which contain free acid and following the simple laws of this science, you cannot fail to heal disease and develop splendid vitality.

In regard to the diet there are certain simple rules which are necessary to consider. You must not fail to supply the body with the right kinds of food to repair the tissue wastes and also to produce its force and heat.

The TISSUE BUILDERS of bone, muscle, brain and nerve are whole wheat, lean meat and fish, cheese, eggs, milk, peas, beans, lentils, animal fat and certain nuts.

The FORCE PRODUCERS are the starches and cereals, sugar, certain vegetables and sweet fruits, potato, rice, peas, beans, lentils, vegetable oils, butter and nuts.

I have already dwelt at length upon the ELIMINATORS. They are spinach, lettuce, cabbage, green peppers, watercress, celery, onions, asparagus, cauliflower, tomatoes, young peas in shell, young string beans, radishes, cucumbers, dandelions, carrots, egg plant, beets and their green tops, squash, melons, olives, pineapple, the berries, such as cranberries, blackberries, raspberries, etc., the hulls and dark outer layers of grain and rice, and also milk, and the FORBIDDEN fruits.

Every one must study his own case and thus regulate the diet.

ALL NEED the ELIMINATORS—that point is settled. Then according to your life and occupation regulate the rest of your diet.

The man who is not getting much exercise, and who is working at a desk along mental lines, requires the tissue and nerve building elements, while the man performing manual labor out in the cold air, and exercising a great deal has more need of the force and heat producers.

MOTHER'S DEPARTMENT

How to Care for the Baby After it is Born.

The importance of the above heading will never be appreciated by the masses, nor but few of the knowing ones, until it is understood that from **resorption** of the **scurf**, as found to a greater or less extent on all babies, is the source of more disease in after life than all other causes, and that even so small a thing as that seems like an impossibility to affect the entire organism of the little being whose budding life we are responsible for, so far as immunity from the contaminating influences of the little things are concerned. Whether the reader may know this, or knowing it believes it, demonstration has shown that this **scurf**, absorbed, lays the foundation for disease; and the susceptibility to disease in all the after life of the little innocent stranger who has come to make us companionship and comfort all its sojourn on earth. The "**milk scurf**," causes a darkening of the **rim** of the **iris**—which shows an effect of the poisoning of the blood, and forms a deposit of the absorbed material which can be seen by any one who will but examine the eyes. Like all other diseased conditions, the **iris** receives its influence and marks the part of the eyes which corresponds to the part of the body affected—or even the whole body at once; and this organ marking understood, and its susceptibility to nerve influence, marks the incipency, duration, progress, elimination and dissemination of every morbid influence during the whole lifetime and shows when and where disease is ravaging in the body, and when free from disease. However much conjecture this thought may conduce to stir up, the foregoing is surely worthy the profoundest consideration, the deepest thought and most careful study.

As simple a thing as washing a baby has a responsibility about it that has not attracted the attention. its far-reaching effects deserve, and we now proceed to give the reader the information necessary to forestall any future contamination of the little one at the very threshold of an earthly life.

The first thing to do with the little one is to use olive oil freely all over the body, head and face, and every part of the body (sweet, not rancid oil), and then, with the hand smear it all over, and with the scurf, and then, with a soft cloth, gently rub the entire body all over, using several clean cloths if necessary, being sure to get all off that is possible at the one sitting; then go over the body again with the same measure as before, and use the soft cloths as before, being sure that every portion of the body is subjected to the cleansing process; between the toes and fingers, around the ears, neck, in the groins, all the creases of the entire body, and finally anoint the body again and gently rub it well with a soft cloth, then clothe it and lay it away to rest an hour or two, then it is ready to be placed at the breast of its mother, after you have washed the nipple of the mother with warm water and soft cloth for a moment or two. See strictly to this method of cleansing the baby, if you want a healthy child. This is better than any number of washings with water. The baby should be anointed after each daily washing, after this first cleansing with the oil. Water should not be used on the body until all of the milk-scurf is removed, and if proper care is taken of the baby, daily, it will be strong and healthy and be no trouble to its parents as regards healthfulness.

To Mothers—the Management of Young Children.

The many cares bestowed upon the little ones seem to demand the entire attention of mothers in the main, and yet the anxiety may be greatly abridged by observing a few little things, which, to most nurses, seem foolish.

First, the over-attention, and constant prodding and teasing and coaxing them to look, to eat, to nurse, and in some way bothering them while asleep, and exhibiting them on all occasions, courting their pride, and fretting them; all these things would not be done to one older. We would let the older one rest, let them sleep, and not be always putting them on "dress-parade" on all occasions, frequently to the chagrin of mature and older heads, and greatly to the detriment of the child itself.

Rest is an essential element in the growth of a child. After the child is bathed, dressed and fed, lay it down in a comfortable place and let it sleep; being sure to place it in a comfortable position; then, after it lies in one position a little while, say a couple of hours at most, turn it over into some other position. The child should not lie in one position too long, for the reason that the bones of the head are soft and pliable, and may be molded into almost any shape in this stage. Flat headed children are usually made so by neglect of this precaution.

The child should not, for the same reason, be allowed to nurse one breast, lying on the same side, too long, nor all the time, without you wish one side of the head to be larger. A few little things observed, one can see, would make a great difference in the future of the child; perhaps shape its destiny for weal or woe. See to these matters.

The Feeding of the Infant.

Where possible, the child should be nursed by its mother, or some one whose condition is conducive to the growth of the child. The mother's milk is the natural food for babies. The child should be nursed when it seems to be hungry, and one should not mistake pain or thirst for hunger, and stuff the child too often. Feeding, or nursing, should not be oftener than two hours while the child is from birth to two months old; then the time between its meals should be lengthened, gradually, to three and four hours, so that, when it is six months old, the

space between meals should be six hours, and no piece meals, never.

The Right Kind of Food is An Essentiality for Children.

Where it is possible, the mother's milk is the food-par-excellence. After the teeth have formed, and the gums are healthy, a little bread may be soaked in milk, and fed the child, or barley may be boiled thoroughly, and the creamy portion, mixed with milk, and fed them. Goat's milk is better than cow's milk, but whichever agrees with the child, feed it. The milk should be diluted with water the first two months of the child's growth. Children should not be fed eggs, nor starchy food—if you want healthy, strong children.

The all important thing to be observed, is the vessels used to feed children. Be sure to scald, cleanse, and air, all vessels used. Never set milk or any other food away for another meal. Let every article of food be fresh; and only mix up enough for one meal at a time. Children would do better not to have any meat until after they are five or six years of age. Cream of wheat mush, and good oatmeal are good foods for children.

Never over-feed the child nor feed between meals. Give the nervous system time to manufacture the secretions from the blood; in the glandular system, to digest the food; two to six hours at least. Do not tease nor fret the child after being fed. Let it be quiet, and rest or sleep, and the little one will not need much attention on account of sickness. It will not be sick if properly fed and bathed and rested, with plenty of sleep and exercise.

The Kind of Exercise Which Will Be Proper to Attend to.

Gently rubbing its body all over with the naked hand, greased with olive oil, after its bath, is an excellent way to develop its muscles and improve circulation, and secure rest. Taking hold of the dress below the feet, and turning the head downward, and letting the little one be suddenly

precipitated toward the floor, and stopped suddenly—not too hard, of course—will stir up the liver and prevent being liver-grown, and if it is already grown, that is necessary to relieve it; the best thing to do for the child, frequently, any way.

The manipulating the naked body all over, with the palm of the hand; in a rotary motion, a sort of “massage” process, rolling the hand as it is advanced from place to place over the body; always recognizing the fact that the little one is tender, and should be handled gently, carefully, and not have too much rubbing at one sitting, is the way to exercise it. Once going over the body, including all the muscles on the limbs, as well, should be sufficient. This may be done once a day; and is better done, and more salutary, after its bath. If the body is rubbed off with a soft cloth, it will leave the skin soft and healthy.

Weaning the Child.

Mothers make a great mistake in letting the children nurse too long. It not only draws upon the mother, and reduces her to a skeleton, but her milk is non-nutritious, after ten or twelve months’ nursing. The child should have been taught to eat ere that time, and when it has grown into strength sufficient to live on food it may be weaned.

How to Secure Sleep, and to Prevent Children From Being Cross.

In the first place, do not spoil them by too much attention at the start. Teach the little one to sleep after nursing—right from the start. Always keep up that habit. If food disagrees with the child, change it, and be sure to let the child have plenty of water—warm water, all it will nurse through a nipple from a bottle, especially at night.

When you want the child to sleep, at night especially, lay it down, in some quiet place. Place sufficient cover over it for comfort, and go away from it, and let it go to sleep. Never rock the child, nor do not carry it, simply because it cries. It won't cry if you do not over-feed it nor spoil it.

Many women rock, sing, pat, pound, and toss the baby to stop its crying; sometimes carry it all night, and keep the light burning to satisfy the baby. Don't do that. Fill the baby's stomach with warm water, sweetened a little, and put it in bed and turn the light out, and let the child go to sleep. Let the mother rest, which she will, when she shall have learned how to take care of the baby as she should.

Teething of Children.

The first twenty teeth the child cuts are milk teeth, and only temporary teeth. Some children are considerably affected during the tooth-cutting period. The teeth begin to show about the fourth to the seventh month, through the gums, the front teeth come first; and these are called the stomach teeth, named so because the child is generally troubled with its stomach and bowels during the teething period. However much the teeth have to do with the stomach, it can only affect the stomach through the nervous system, and generally the stomach trouble nor the painful teething comes from the teething per se, but from over-feeding of the child. The kind of food has much to do with the condition of the child.

When the child begins to be cross, fretful, and cries out during its sleep, there is pain somewhere, and generally it is attributed to teething. The mouth should be looked after, and bathed with a weak solution of salt and water; a half teaspoonful to a pint of water will not be too strong; wet a cloth in this, wash the mouth of the baby several times a day, let it have plenty of water to drink—a little at a time, and often.

If the gums seem swollen and the teeth are seen through the skin over the tooth, the best thing to do is to take a coin—a dollar is best—and place the milled edge against the top of the tooth, or where it is trying to cut through; down flat on tooth, and roll it across the tooth-edge, pressing against the tooth; not too hard, nor let the coin slide over tooth, but roll it, and press down at the same time. A little dexterity in this matter will save the little one much suffering. If that does not suffice, take the point of a sharp knife, cut down through the skin to tooth crosswise, then cut lengthwise of the jaw on tooth, and there will be no more trouble with that tooth. Remember the washing of the mouth with salty water.

If there be spasms, do not forget the bath in warm water, mentioned elsewhere in this book.

Never give children any cordials nor opiates to soothe them to sleep. Simply relax them with the bath of warm water; place them in bed, or some easy place; and let them sleep, and all will be well. If there be any impaction in the colon, see to that at once; see about that by all means. If the stomach has been over-loaded with indigestible food, give an emetic of salt and water, and remove it. Be sure to carry out the principle, "Remove the pressure."

To Relieve the Diarrhea of Dentition.

Cease to over-feed, and feed between meals—the first thing you do. Do this without fail. For the indigestion, as some are wont to call it when the bowels discharge thin and greenish-watery stools, all you need to do so far as treatment of diarrhea (mentioned elsewhere), if you have only a small child to treat, take it by the heels and nape of the neck, and let it be placed across the knee, bearing its own weight against the back for a moment; then hold up, and then repeat a few times; and the

diarrhea is over with. It may have to be repeated a few times. But that is the means to institute for all discharges of the lower outlets of the body. Remember this.

The Tissue Elements for the Children.

When the child becomes pale and emaciated, and skin wrinkled, **ferric phosphate** is the best element and about the sixth potency is the one to use; in grain doses, every hour or two until all fever is gone, then use the **calcareo phosphate** in grain doses every three or four hours, and that may be alternated with the **kali phosphate** in same size doses, which will be almost tasteless to the child—in fact, it will think it is taking sugar, for the potency is sweet, because triturated with sugar of milk. These are in no sense drugs or medicine, but tissue elements, and if properly applied, fill a niche needed by the child.

It will be of vast importance to the child if the parent will remember that food is not what the child needs all the time. Hot water, given the little one, is often better than food, for the waste material in the body is eliminated better by the use of water than any other agency known. Good fresh air and the proper cleanliness and bathing should receive the attention of the mother or nurse if the health of the baby is of any consideration.

The use of salt bath—one teaspoonful to a quart of water for children every day, will be the kind to keep the skin soft and natural.

A bath occasionally with the Epsom salts, a tablespoonful to a half gallon of warm water, will be the proper thing to use in cases of fever, skin eruptions, chigger bites, and sores of the skin, anywhere on the body. There is no more soothing application to the body in case of fever than the Epsom salts bath. Rheumatism, and all kinds of pains are relieved by the bath—taken daily, or oftener.

To make a good bath of this kind put about ten gal-

lons of warm water into a bath-tub, and put into that water about two pounds of Epsom salts, and bathe in that water a few moments—say ten or fifteen minutes, being careful to use cool or cold water to the head at the same time. The above directions followed aid in curing many a condition called disease.

Eye-Strain in Children.

If mothers could understand that eye-strain is as liable to be found in small children as in persons of riper years, they might find cause for many a case of imbecility, idiocy, and dullness of intellect, slowness of learning, and indifference in many ways.

Look after the interest of the little ones in this respect, and save much remorse and discomfort in the life of the child in after years. Eye-strain, remember, is a source of a host of the ills of humanity, dating from infancy, in very many cases.

Children often suffer with a strained condition of the muscular system of the outer muscles of the eye-ball, and many cases become cross-eyed as a consequence of strain of the extrinsic muscles. The redness and swelling of the balls of the eyes are caused by the nerve strain in the muscle of the outside of the eyes in an effort to focus objects, and physicians being ignorant of that fact, let many a case become a chronic invalid.

Spasms in Children.

The first thing to do for them is to wrap them in a sheet or blanket and dip them into warm water (the temperature as to bearability being as warm as the elbow can bear), being sure to always wet the head in cool, or cold water, letting the whole body of the child be submerged in the water—letting it cover all but the head. After the system is relaxed, and the spasm is gone take child out of the bath, and wrap it in a blanket, or dry cloth, and lay it away to rest and sleep.

This is the best thing possible to be done for the spasms. If the child has eaten food, and it lies in the stomach, vomit it with warm salt and water. If the food has gone beyond the stomach, and is in the colon, use the irrigation tube and warm water injections into the bowels and get it away as soon as possible.

Conjunctivitis—Acute Sore Eyes.

In case of common sore eyes, the patient will not need to be told that they are sore. The symptoms are so familiar to all that we need not give them here.

The Treatment.

If caused by dust or sand or foreign substances in the eyes, wash out whatever it is. Sore eyes generally come from irritation of some kind, and that should be looked after, and removed. The application to them is simply a solution of common table salt—about a tablespoonful in a pint of water (measure everything you use; do not guess at anything), and apply to the eyes, externally by means of soft cloths, wrung out of the water so as not to drip. Apply over the eyes—both of them, if sore—and let cloth remain about five minutes, and then rewet and reapply. Repeat this right along until inflammation subsides, occasionally putting a few drops of the same strength solution of the salt and water into the eyes.

A very soothing and pleasant collyrium may be dropped into eyes, a few drops, made by the addition of one teaspoonful of **sugar** to half a teaspoonful of **boracic acid**, and mixed with a little water, added in drops, and mixed together in a teacup, with spoon, until it is made into a paste; then add half a cupful of water, stirring with a spoon while adding the water. This makes a harmless and soothing wash for sore eyes, to drop into eyes out of a teaspoon at pleasure. Keep cup covered and fresh, or in a cool place. Continue the salt water, with the cloths, right along, for several hours; then let patient rest; and

reapply if necessary. We have given directions as to how to cure trachoma, or granulated eyelids, elsewhere.

Chalazion may receive the same treatment, as granulated lids, to cure. **Ulcers on the cornea**, will all succumb to **one or two treatments of stretching the upper lid**, for this takes off the pressure, and the ulcer ceases to be painful; stops the dread of light to patient, and the ulcer gets well right away. The eye needs nothing put in it, except the salt water solution above named. We have given directions to cure catarrh, by the use of snuffing salt and water up the nostrils. Salt is one of the essentials of life, and should not be lost sight of in the treatment of inflammations of all kinds, anywhere in or on the body. Salt water is the best tooth wash there is, and obviates the necessity of tooth paste, and costs nothing scarcely, and always beneficial, cleanly and does no harm whatever anywhere. Salt is the best remedy for spitting blood; at the time of the bleeding, swallow it right down into the stomach, or snuff it up the nostrils and it will be effectual, satisfactory.

Glycerine Cures Colic at Once.

One teaspoon to one tablespoonful of glycerine taken internally will cure the colic at once. When you have no other means, try this.

To Mothers.

It would not be doing the good mothers justice were we to omit saying something to them regarding the diseases of their little ones, and we submit the following for their special consideration:

The subject is one of the greatest importance; for the child is to be the grown-up individual in the course of time, and all mothers have a pride in the outcome of their children, and especially in their physical welfare, knowing that, unless they are healthy, life is filled with sorrow and disappointment innumerable and unsatisfactory. The

strong, robust child has a goodly heritage that wealth is inadequate of comparison. The following advice will be duly appreciated by those who are interested in health. Study the instructions here detailed, as well as the rest of this book, and you will have a fund of knowledge on hand which will be most gratifying when needed.

The commonest fault of parents with their children is to feed them too much and too often. Another common fault is to feed them food that the digestive organs are incapable of digesting. To meet these requirements, we should consider the kind of food the child can digest. The natural food for babies is milk. It should be milk which has all of the elements in it, in due proportion, so as to sustain life and furnish the elements of growth—carbonates, nitrates and phosphates. These are essential to form the food for infants. If the child does not grow from the start there is something wrong about the constituents of the milk the mother furnishes the babe, and she should consult a chemist and have her milk analyzed to ascertain whether it is natural.

Cows' milk is the next best food for babies, but should be good, natural milk, containing the normal elements and furnished the baby a little warm, so as to simulate the temperature of the mother's milk as it comes from the breast. In the absence of milk, use Horlick's Malted Milk as first choice, and Mellen's next. The food, whatever it be, should not be given the child oftener than every two hours for the first month or two of its life, and gradually lengthening the time of feeding to four hours until it is six months old; then to six hours after that age. Give nothing in the way of food between meals. Allow no stuffing, or piece-meals, but let the stomach have natural rest, and the nervous system time to take care of the digestion of the food taken.

The child should not be allowed meats at all until it is at least six years old. The cereals are the food for

children. The best being barley and wheat; well cooked and eaten with milk or a mixture of cream and milk. After the teething, see to it that it learns to chew its food. This develops its salivary glands.

Whatever is found, in the way of vegetables, which agrees with its digestive organs, may be allowed, after it has been taught to chew its victuals. It is worth while to teach the child how to eat right at the start, then there will be but little fear of stomach, or any other trouble in after life. Health is dependent upon how, and what to eat, and when we eat.

The parent should study the nature of the food, by consulting the table of articles on diet, their elementary, chemical constituents, and feed that which agrees with the child. The results of eating depend largely upon the kind of food eaten, as regards elements needed in any given case or condition. If we need fats we should eat food containing fats; if muscle, food containing nitrates; if we need to build up the nerves, let them eat what contains the proper proportion of the phosphates.

Some children are born with a shrunken skin and completely exhausted; seemingly doomed to mortality as soon as born; enervated, emaciated, marasmic, and the majority of such cases, die soon. These need special attention at the start. They should not be wearied for some time after birth with bathing. Anoint such all over with olive oil, and lay it aside for a couple of hours, and let it rest; then gently rub it all over with a soft woolen cloth, and then let it rest again; feeding it with a little sweetened water, and within three or four hours let it nurse the breast. It requires much care in such cases that it be not exhausted further by doing too much for it. Lay it on its right side and let it rest a reasonable time, then feed it; let it nurse if it seem eager for food. The first nursing from the breast is nature's physic, and will remove the **meconium**—the green discharge from the infant's bowels.

The nursing of the mother's breast causes uterine contractions and pain of the mother, arresting the lochial flow for the time being, and sometimes serves a better purpose than any other means to expel the "after birth" as it is the natural course and the natural hemostatic (stopping the flow).

Do not feed the child "panada," but a little warm sweetened water is the best for it. If there is not sufficient mother's milk for it, substitute the warm water with cow's milk mixed with it. If the child has any symptoms of "Three Months' Colic," fill a pint bottle with warm water, add a little sugar—grape sugar is the best—and fit on it a nipple, and let the child nurse all it will of this, and it will answer every purpose, relieving it at once; and if given to the child at bed-time, it will afford a quiet, restful night, not only for the child, but for the mother, and the whole household for that matter.

This should be used every night at least, and oftener will be of much benefit, for it will keep the bowels regular and promote digestion, and supply the entire system with water. Most all children suffer for the want of water. They should have water frequently. Only the water which is nursed through the nipple should be warmed. Give cold water in small quantities to the little one several times a day, and you will find that the baby will thrive and be healthy all the time.

The warm water as an internal bath should receive attention. Children sometimes are permitted to eat unwholesome articles of food, such as bananas, and have colic. Nothing answers the purpose of relief from such conditions as the warm water, *colon douche*. Every family should have a fountain syringe, and nozzles of varied sizes, and the nozzles should have **holes**, or perforations, **on the sides, near the end**, and the **end hole plugged up** tightly; and thus permit the water escaping through the side holes and the inlet is not felt as it enters the bowels, so that

the entire colon can be filled when desired. There is frequently a necessity of washing out the entire colon, and no better way can be devised than the use of this method. It will relieve any impaction, and nothing else is so effectual in relieving that condition we denominate Intussusception, or that condition known as **enfolding** the intestines in such a manner as to close the passage. It is an invagination of the intestines in, and over themselves. Plenty of the warm water injected into the rectum, and filling the colon full, and letting it go on into the small intestines will expand and relieve the invagination. The bowels should be gently massaged—manipulated—to assist in their movements, and performing their peristalsis.

The Use of Water—Warm Water in Case of Diarrhea and Flux.

Children would have neither diarrhea nor flux, were they not stuffed with everything that is in sight; or that is thrust upon them—into their stomach—perhaps to stop their crying (and their crying is the fault of some one else and not the child's fault, most frequently). If, therefore, the child has too frequent movements from the bowels, there may be relief in one or both of the following ways: either by taking hold of the child by the lower limbs, with both ankles in one hand, and the other placed at the back of neck, in such a manner as to hold it, at will, and where you should; and now let the child be placed with its **loins** or small of the back **across** the knee, and its head and limbs lowered, bent back pretty well, and bearing its weight on the knee, and hold in that position a moment; raise it up and let it rest a moment, and then repeat process a time or two, and then press gently with the hand against the abdomen a few moments, and the child is cured of the diarrhea.

The Flux.

The treatment for flux requires something more, sometimes, than the above. It is best, in all cases of flux to relax the internal sphincter muscles of the rectum; and the best way to do that is to anoint the forefinger with oil and insert it into the anus far enough to feel that it is through the constricted portion of the bowel, and then gently, steadily and firmly, pull the finger backward toward the coccyx, giving the sphincter quite a good stretching, not enough to tear the parts, but stretch them till the muscle seems somewhat relaxed, then remove the finger at once—quickly, and let the patient rest a few moments, then inject as **warm water as can be borne by the patient**, filling the bowels quite full of the water; let that pass out, and in a few moments repeat the injection of water; doing this from two to four times all at one sitting, and then let the patient have rest in a recumbent position. After a rest of an hour or two give the Neuropathic treatment for diarrhea recommended in another part of this book—that is, treating the spine—from the lower lumbar vertebra upward; raising the limbs, strongly pressing on the sides of vertebra while raising the limbs, with thumb and finger to sides of vertebra. This may be repeated several times at the one sitting, and repeated every four to twelve hours. This procedure generally cures the flux. The diet, if any, should be thickened milk, eaten while hot; or hot milk alone. The stretching of the lower bowel is for the purpose of relieving the pressure therein, which chokes the blood in the veins, and causes the exudate of blood or pus. Relief is as certain as the directions are followed, to the great satisfaction of all concerned.

For Many Supposed Cases of Consumption—A Bad Cough.

Many such conditions may be absolutely aborted by the daily flushing of the colon with warm water. It will be a satisfaction to know that this is the best tubercular

remedy there is. It is the best remedy for appendicitis. It is the best remedy for impaction and the only remedy for it. Thousands of cases, which proved fatal from other means, might have been cured by this method, and we hope this measure will be the means of relieving thousands whose lives are in the balance from that condition, called impaction. It can do no harm, and the immediate relief is so satisfying that it should receive the profoundest consideration. We have had much experience along these lines, and recommend the irrigation of water—the flushing in all suspicious cases.

Circumcision and Its Necessity.

The necessity of looking after congenital conditions of the little ones to prevent them from having to undergo the consequences of such neglect demands our attention, and we would be withholding an important item from the mothers and from the little ones were we to leave out of this book what follows.

Special Attention to the Genital Organs.

Every child born into this world is entitled to special consideration as regards their starting right physically; for, without health, life is scarcely worth anything to anyone. The little things in life make up the sum total of happiness or misery. It is said by a wise man, that “words fitly spoken are like apples of gold in pictures of silver.” We desire to thus speak to the parents in behalf of their little ones.

The lower outlets of the body deserve special consideration.

The Importance of Attention to Them in Time.

Some children come into this world having some abnormal condition of their genital organs. The most common, is an elongated foreskin, in the male, and a bound-down clitoris, in the female. These need attention

and correction as soon as discovered. The attention needed is circumcision of the male and clipping the hood of the clitoris in the female. Much depends on these things being done, in all cases where needed. The need is in all cases where the above described conditions exist. The **enervation** resulting from conditions named causes a large percentage of the weaknesses of the sufferer in after life. Undue pressure, remember, anywhere in the body, on terminal nerve fibers, cannot be allowed to continue, if we desire health. Nerve waste expresses itself in various diseases and mental depression, mental degeneracy and physical weakness, and finally wreckage of the entire nervous system.

The necessity of taking off the pressure from every filament of the nervous system has been shown in the Neuropathic department of this book, and it applies with equal force to the terminal nerve fibers in the outlets of the body.

Many nerve wrecks may be attributed to the neglect of attention to these organs. An elongated **prepuce**, and a bound-down **clitoris**, cause more physical wrecks than many have any conception of. Next to nerve waste through **over-use** of the eyes, may be found in the waste due to a **tightened foreskin**, a **narrow meatus**, a **contracted glans underneath**, due to a shortened **bridle**, and to adhesion of the mucous membrane to the **glans penis**.

We would emphasize these facts greatly, for we know their importance in the welfare of the future lifetime of the one not natural in these particulars. Always consult one who knows how these organs ought to be, and be sure to have them righted, if wrong.

We have seen marasmus cured simply by circumcision. A case of diarrhea—chronic for six months, cured in a short time by circumcision. We have seen venous congestion, in an infant of four weeks old, cured at once by enlarging the meatus, after all medical means had failed.

We have seen young men, who had been weakly all their early manhood, assume a normal condition and become stout, healthy men. We have seen cross, irritable, sickly persons restored through the means recommended. Whenever there is found to exist an elongated foreskin do not fail to have it removed. The entire covering of the corona need not be removed, but sufficient to render the head of the organ bare—back as far as the glans extends. In other words, remove the pressure upon the nerves involved. This acts on the same principle as dilating the sphincter ani; it removes the tightened condition which presses on nerve terminals—and thus relieves.

Some one will ask, "How old may the individual be when this is done?" We would recommend it in infancy, and any time from that to old age if necessary. It is proper at all times, and for all conditions of ill health, to relieve, to take such steps as are needed to correct the unnatural conditions existing, which cause the trouble. This recommendation is directly in line with the principles of Neuropathy. The whole trouble with most people is they are so wedded to relying upon medicine, that they do not stop to think that almost every condition called disease may be relieved by following the instructions contained in this book—for they say it differs from the way we have been taught. Give the subject due consideration, and the more you practice what is recommended herein the more confidence you have in its efficacy. It will satisfy the most incredulous when properly applied. Depend upon it without a doubt; for it is the best means of relief known.

How to Make a Sub-Cutaneous Stitch.

In very many lacerations or cuts with a sharp instrument, the surgeon resorts to the needle to coapt the wound; and this is sometimes the best thing to be done; but when it is done, we would suggest that the stitches be made in the muscle, just at the edge of the

skin; taking deep enough stitches in the muscle, from side to side, to hold the parts when the stitches are drawn together. After the sub-cutaneous sewing is done, the skin may be coapted nicely with surgeon's plaster strips crosswise of the wound. If the stitches are made with cat-gut thread, there will be no scar, as a rule, following. After all is done, and the wound closed, wet a small pledget of absorbent cotton with compound tincture benzoin, and lay it directly over the wound, and letting it wet the skin. This applied once a day will serve as a disinfectant, and at the same time exclude the air from wound.

All sorts of cuts may be served the same way. The stitches, taken as described, cause no pain whatever, to the patient; and this method should be adopted whenever possible, for circumcision, and all other such wounds. Small wounds, not too deep, may be held together by moistened absorbent cotton, wet in the compound tincture of benzoin, and spread across the wound. It will hold it together if allowed to dry a little before leaving it. These hints may save much pain unnecessarily made by sewing through the skin.

What to Do for Bruises and Concussions.

Frequently a bruise resulting from a stroke of a hammer or otherwise, on a finger, may be a source of much discomfort unless the bruised blood be immediately discussed.

To remove the congested blood, wrap the finger from the hand toward the end and to the end of finger, with a twine, somewhat tightly and the twine wrapped close around the part but not tight enough to obstruct the arterial blood but tight enough to prevent the venous blood from returning, and let the wrapping remain until the end of the finger is quite dark with venous blood, then immediately unwrap it and rub the finger toward the hand for a moment or two; then repeat the application of the

cordova and do as before, doing this two or three times, and you will have discussed the blood which would have been bruised and black for days. Then apply quite warm water for a little while afterward.

Concussions apply more directly to the head, and done by hard blows or falls on hard pavements, floors or other hard substances. Fracture of the skull may result, or simply a contusion result. In either event, the circulation of the blood all over the body may be interrupted, and a difficulty of breathing ensue, or death may result at once. The thing to do is to establish the circulation of the blood as quickly as possible. To do so, divulse the sphincter ani muscle strongly, and by sudden, quick dilations so as to gradually shock the system, and flush the capillaries. When the breathing is restored, apply quite warm water to the parts, by the uses of cloths or towels wrung out of the hot water until the discussion of the blood from the part bruised is assuaged. These are the essential things to be done, immediately, or as soon as possible. We have mentioned lacerated wounds in another article in this book—which see.

What to Do for Children Who Hold the Breath.

The simple things are of importance to know and do—the harmless and effectual things. A child whose control has been neglected by its parents until persuasion with the rod and promises of special gifts as a reward for obedience, have all been unavailing, and through a fit of anger, due to over-indulgence in its own way, falls down to the floor and holds its breath—even until it turns black in the face—there is a remedy which never fails to bring about a calm and serene atmosphere in that household. It is simple, but as certain as it is applied, and immediate, satisfactory and never need to be repeated. It is this: Insert the forefinger into the rectum past the internal sphincter muscle, or as far as the second joint of

the finger, and begin to pull backward toward the coccyx just enough to stretch the opening as much as the width of the finger, and the work is done. The child immediately catches the breath, and it will never attempt such a thing again.

A good spanking on the naked nates is sometimes effectual, but a divulsion of the sphincter ani muscles is sure of success. I would add right here; some older persons are troubled with despondency, melancholia, and seemingly an inability to breathe, although there seems to be no reason as far as the condition of the atmosphere is concerned, and yet they cannot feel disposed to want to breathe, or that it is almost impossible to get the breath. Using the forefinger inserted into the rectum, and pulling it strongly backward, stretching the muscles strongly, affords relief immediately. This is also the remedy par-excellence for all cases of hysteria. The finger answers the same purpose as the bivalve, and you always have the remedy with you, and can regulate force according to the necessities of each case and condition.

The Early Training of Children.

The special oversight of children as regards their forming bad habits is a matter too sadly neglected. It is often a sad ending of the boy or girl who forms bad habits while climbing the slippery paths of youth, and many a young man has just cause for rebuking his parents for not warning him of the evil consequences of Onanism. They have just cause in many instances, for regret that their parents did not teach them how to avoid forming habits which, like a viper had fastened its venomous fangs into the very heart and stung them like an adder, and ruined every prospect of usefulness; sapped the very foundation of their manhood, and left them to brood over their sad fate. Is it not worth while to consider this subject when so much of the after life of the youth de-

pend upon it? Teach the child what their genital organs are for, and that they are not playthings.

The hideous picture of a ruined life beggars all description. The sad wailings of ruined youth reach the very gates of heaven, and reverberate with doleful lamentations adown the ages, and if this warning saves the youths of the readers of this book, we shall be glad we had lived to bless them. Parents, see to it that your dear ones have their minds instructed as they should be along these lines, for a sweet and virtuous life is the proudest character parents can bequeath their children. As is the family, so is the nation, and as is the nation, so ought the world to be, and will be, in this regard. "Lust when it hath conceived bringeth forth sin, and when it is finished it bringeth forth death," was said by one who knew all things. A moment's pleasure in the gratification of lust, breeds shame and if often indulged in, ends in inexpressible remorse.

Ear-Ache—How to Relieve.

There are many simple things, which seem so simple that their usefulness is too often disregarded, for the mind is seeking to find some great things, or something made popular by time-honored custom, and traditional descent, and the very thing which might answer a better purpose, costs less, and does more good, is neglected. Now listen, study, read this.

The ear-ache is no trifling matter when it takes hold on us. It surely hurts, and hurts badly. If it is so distressing to the reader, may it not be as much so to the little ones?

Now to relieve it. Place a silk handkerchief, one or two folds over the ear that aches, and with the warm breath, blow gently into the ear through the handkerchief, several times, and you will accomplish for the sufferer more than any other means you can devise. Warm, dry heat should be applied if there is pain from inflammation, till

relieved, not forgetting the warm breath, as above directed.

About Washing the Ears with Water.

The ears seldom need the application of water in them. When they, through neglect, are stopped up with cerumen (ear wax), pour a small quantity of olive oil into the ear, with a teaspoon, and place a pledget of absorbent cotton, loosely, into the meatus, over the oil, and let it alone for ten or twelve hours; then, with a fountain syringe, let the warm water run into the ear (do not have the fount so high as to make too much force to the stream of water), having a vessel held under the ear to catch the water, and the water will clean out the ear thoroughly—impaction and accumulated filth, and relieve the patient of much discomfort, and very often, temporary deafness. Remember this is important sometimes. To dry the ears thoroughly, after the irrigation, is important. Use dry absorbent cotton wrapped around a small stick—the end of which has been notched, wrapping the pledget of cotton around it, by placing the small bit of cotton on the other hand or held between the fingers, placing the stick half way through the pledget, and then twisting the stick to the right till completely wrapped—doing the pressure on the stick—leaving a part of the cotton to extend beyond the end of the stick. This leaves a soft end of the cotton to go into the ear, and saves the pressure against the ear drum, but reaches to every part of the ear and absorbs the water. There should be a repetition of the use of the cotton in order to dry the parts completely. After the ear is dry, put into the ear a small pledget of cotton, having patient retain it for several hours. This is to prevent taking cold after the warm douche. This does not need frequent repetition, for the ears may be kept clean by the use of the cotton used on a stick, or a notched end of a match (cutting off the sulphur).

These simple directions followed, may be utilized by any and all who need them.

How to Remove Foreign Substances from the Ear and Nose.

It seems to be a desire of some children to want to be as annoying as they can be.

A suggestion **not** to **do** a thing seems to create an intense longing to do it, and it is best not to suggest to children that they do not stick beans or corn into their nostrils or their ears, for everybody seems to incline to experiment, and a little knowledge is a dangerous thing. If parents would fully explain the consequences of doing the wrong thing and thoroughly impress them that the parents should be obeyed, they would be satisfied; but if a suggestion is made that "thou shalt not" it will require a good deal of moral courage to withstand the temptation. But if the child persists and decides to make the experiment, and when you return from church, or some other place, and find your child's ears full of beans, corn or rice, or gravel, be prepared to extricate the substance in the easiest and the best way possible. The child will not take the treatment for their removal as submissively as when poking them into the orifice. If you go at the task of removing the corn, beans, cherry-stone or any other substance in the ears, with any degree of rashness or awkwardness, so as to create a suspicion that you are going to hurt, you will have stirred up a faculty just above the ears, called destructiveness, to expressing itself in terms that, for vehemence no tongue can ever describe. I have had experience along these lines. Mark my words, and be sure to consider my advice. You will regret it if you do not. Be careful what you do, and how you do it. It is a matter of importance.

The easiest and safest way to remove hard substances from the ears is to secure a small stick that will enter the ear easily, and take a strong piece of cloth and place it over the end of the stick, fastening the cloth back, leaving room to place a small amount of glue on the end of the stick—on cloth, just the end of it—and then place that against the object in the ear, letting the glue adhere a few moments,

and it will enable you to pull the substance out easily. This is the best way; but sometimes a hairpin can be introduced to the side of the object and it removed therewith, and sometimes water may be used to wash it out. The water is the thing to use for flies or bugs in the ears. Sometimes the object may be hooked out with a small sharp hook, but care should be had in any event so as not to injure the parts.

There are so many little things get the matter with children that it would take a large volume to enumerate them. The artful mother will find her ingenuity often taxed to know just what to do many times, but should always be equal to the emergency.

The above instructions should save much anxiety and much cost in the way of doctor's services and expenses thus incurred, and much suffering and long spells of sickness.

Starting the Youth and Teaching Them to Shun Evil Influences.

Life is so precious that it should demand our first and highest interest, early, constantly and intelligently. To be forewarned is to be forearmed, and to know how to be wise we must be ever ready to receive instruction. Were we inclined to go through life heeding the advice from those who know by experience and observation, of those who have grown older than we, much anxiety and many heartaches might be avoided, health preserved, and many who suffer a lifetime might have escaped the pitfalls of vice, immorality, and saved of being physical wrecks—addicted to habits which tend only to wretchedness, disease and death.

Parents should not be remiss in early admonition of their children regarding bad habits, unchaste associations, evil communications, obscene literature, novels, trashy stories, and such influences as tend to educate children and youth in paths of vice, and poison their minds with the history of crime, luxury and foolishness, ever remembering that Scripture which says, "Blessed is the man that

walketh not in the counsel of the wicked, nor standeth in the way of sinners, nor sitteth in the seat of scoffers, but his delight is in the law of Jehovah; and on his law doth he meditate day and night." Such a course will forever shield the youth from falling into or adopting bad habits.

We have said this much as an introduction to what we have to say regarding the care of our youth, upon whom the future of this nation rests, prospectively, and its importance cannot be over-estimated, nor its far-reaching influence measured; for "whatsoever we sow, that shall we also reap." Then be sure of sowing the right thought in the mind of the youth; for, "As a man thinketh in his heart, so is he." Analyze these sayings and be guided by them, **remembering that children only know what they learn.** Teach them rightly and they will be guided by what they are taught all through life and verify the instructions given in Holy Writ, which says, "Train up a child in the way he should go, and when he is old he will not depart from it."

If there were no tendency in man to go away into sin from his mother's womb, there would be no necessity to charge the parent with the care and oversight of the offspring; but he being under "Tutors till the time appointed," it behooves the tutors to always be on the alert for the welfare of the child.

See to it while you have the little ones under your charge. Allow nothing to divert your mind from this solemn obligation you owe to your child. Do not think that "my child is too perfect to think of such things, and that he cannot do wrong." There is no one above temptation along these lines—"The desire of the flesh" is one of the three ways to sin—and it begins at the very dawn of our physical life, and we need teaching so as to know why we are thus created, what the uses of our organs are, and how not to abuse them, nor any part of our body. Every organ has its specific uses, and when one is unduly exercised, the whole body, sooner or later, sympathizes with it and emacia-

tion and many unnatural consequences ensue; and the constitution suffers all the balance of the natural life of that individual. If, therefore, you desire strong, healthy, **sound mentality** and a start in life for your dear little ones, see to it that you keep them from learning a habit that is so sure to be their downfall and physical wreckage.

The abuse of the genital organs should never be allowed. It saps the foundation of all nerve forces which make manhood and womanhood attractive, bold and strong. Nerve waste through the genital organs, affects the mentality, sooner or later, and makes its victim a physical and a moral wreck and stultifies all decency and self-respect, and renders many a would-be manly man and womanly woman an absolute failure in life, and damns them for all of this life and perhaps for the world to come.

The emphasis cannot be too strongly placed upon this subject, nor can parents be too careful in absolutely knowing, at all times, what their children are about, who they associate with, and what their training is.

Consumption could be avoided if the children were taught how to preserve nerve force, and how to eat, breathe, sleep, and exercise properly. Life may be prolonged by properly caring for the body and the right teaching of how to think and act toward our fellow-men.

Teach your children to "shun every appearance of evil," and they will be the beneficiaries—the world will have been better by their having been born and lived in it.

Your child's life will be a failure if you neglect to teach him, in early life, how to live and what his relationship to the rest of humanity should be. "A sound mind in a sound body" is a gem worthy our highest and profoundest consideration, and then we will have a better conception of our responsibility to Him who has so wonderfully created us, and what our physical and moral obligations are to Him (as well as our religious obligations).

Teach the child to regard the **private parts**, of the body,

with due respect, and not to abuse them, by compelling them to perform any unnatural duties, nor to use in excess any organ; for, upon the healthful condition of every organ depends the health of the entire body. The sympathetic relationship of the body is such that if one member suffers, all the rest of the body suffers also; therefore, every part of the body must be duly respected. If the eye is over-used the body suffers from general emaciation, sooner or later, and disease of some kind is almost sure to follow. If the genital organs are abused, or used to excess, the nervous system becomes exhausted and general emaciation takes place, with all its direful effects; and if a habit of abuse is established by over-use of the genital (the private) organs, the effects are seen in the face, in the eyes, and the **mind becomes weak**, irritability of temper, crabbedness, cowardice, leanness, shrunkenness of the muscular system, glassiness of the eyes, and a shame-facedness takes possession of the individual; and sooner or later death, with all the horrors of a maniac closes the scene. For the sake of the child, for the sake of the fond father and mother, for the sake of the community in which the child lives, and for the good name of all that is sacred, holy, just and good, do not neglect to care for the little bud that may be blasted forever by your neglect; take warning; regard not the instruction with any degree of diffidence nor shame-facedness on your part; but **get right next** to the very heart and in its confidence and deep soul interest, make your child a confidant of yourself, and tell it how to be good, pure and happy, and healthy, manly or womanly, all through life. Teach the young child "**the way it should go**, and when it is old it will not depart from it"; and your days will be blessed, and the child will "live long on the earth" to bless humanity, to bless you, and to thank you when grown up that you said the right things at the proper time; and this world will have been better by your having lived in it, and your children will rise up and call you blessed.

If but one family shall take this advice this book will be worth to that family more than ten thousand worlds like this, and save a great multitude of sins being committed. Let the motto of the youth of this generation and all that follow be, My associates must be pure, clean inside and out, or I will not associate with them.

The boy or the girl who obeys and respects parental advice is only worthy of respect.

Suggestions for Curing the Bad Habits of Children.

The practical application of suggestion demonstrates its utility. It need not be carried to the extent of rendering the subject unconscious, for if that stage is reached the conscious mind becomes insensible to the suggestions, and the object desired is not obtained.

It is of the first importance in training children, breaking up bad habits, controlling ungovernable temper, curing enuresis (bed-wetting), changing the entire life of the child; and this can be done by the mother, or the one having the government or control of the child's life.

The mother, perhaps, is in closer relationship with the child than any one else, and she can use her influence with better effect.

Just as the child is retiring, and at the time when sleep has almost rendered the child unconscious, is the happy moment of procedure.

The mother approaches the bedside of the child, gently lays her hand on the forehead, or takes the hand of the child in her hand, and with a subdued voice addresses the child, saying, "You are now going to sleep, and I am going to talk to you while you are asleep, but you will hear me, and answer my questions when I ask you, and will hear all I say to you, and you will not wake up, but will sleep sweetly and rest well all night."

Talk along this line, should be made, not permitting

too long a silence in course of the talk, but keep the conversation up, and continuous, keeping the attention of the child all the time, and when almost in that state between being asleep and awake, begin the suggestions, repeating them over several times, so as to fix the thought in the mind of the child. Always address the child in the **first person**, not saying "You will do so and so," but say "I will not awake but will be quiet. I will go right to sleep, for I am now quite restful, almost asleep. I will hear what you say to me, and will speak to you without awakening."

Then ask the child if it hears you, and it will say, "Yes, mamma, I hear you." "You will not wake up. Now I touch your lips and you can speak. Say, 'yes, mamma, I hear you.'"

This is an outline of approach, and may be varied according to circumstances; the mother knowing how to approach her own child best.

If the child should stir, manifest uneasiness, and open its eyes, the mother should not relinquish her efforts, but gently close the eyelids, and at the same time suggesting to the child, "All is well, nothing will disturb me, I will sleep quietly now, and hear what mamma says, and will be so pleased to hear what mamma says, for it will be for my good."

It is always best to stroke the child's forehead gently, as this has a quieting effect. Then the suggestions may begin to be made by the mother.

The things, the habits desired to be eliminated, should be mentioned, such as being disobedient, untidy, lazy, idle, untruthful, negligent in study, swearing, rudeness, carelessness, lack of attention, indifference, etc.

Any habit needed to be changed, may be changed by this manner of suggestion. It is well to exact a promise from the child that it will do whatever the mother requires, and get the child to say, "I will do what you require." Formulate the idea in the words desired, and have the child

say, "I promise I will not do so any more." Have the child make the promise, and it is better that the exaction should be pressed several times.

It is best for the mother to say, whatever she does say to the child, using the first person singular, having the affirmation made by the child; instead of the mother saying, "**You will do this or that,**" have the child state, "I will do as mamma says. I will do what mamma wants me to do; I will do any thing to please mamma. I will make everybody happy by being good to everybody."

These suggestions need not be confined to habits, but used for physical ailments, such as bed-wetting (enuresis), stammering, and may even be used in every phase of physical and mental conditions.

In the treatment of physical ills of all kinds, strong and earnest suggestions are effectual in so changing the mind that many ailments are changed for the better, and start the patient on the way to recovery.

Many conditions, called disease, are really mental, and suggestions properly made, with due regard to the condition of the mental state of the individual, will overcome the trouble.

Suggestions are eminently useful in all the business, as well as the social phases of life, and by studying the temperament and disposition of the person to be suggested to, and applying the suggestions according to the conditions demanded, they may be beneficial in a high degree.

The manner of suggestion has much to do—in fact, everything—as far as the results are concerned. Some cases and conditions require strong, forceful and authoritative commands, and others the utmost degree of gentleness.

Oftentimes what are called "silent suggestions," "auto suggestions," for one's self, steadily, firmly held, are effectual in securing the thing desired.

Sometimes a steady, firm gaze, or look, into the eyes of the person one desires to influence, accomplishes the purpose admirably.

Thinking what you wish another person to do, will, in most cases, influence them favorably. A steady, fixed, mental state, earnestly auto-suggesting the thing desired, will accomplish the thing desired. This applies to collecting accounts, as well as many other pursuits in life.

There is no limit to the field of opportunities, where suggestion may be beneficial, eminently so if rightly done, and in the proper manner, and at the right time. It should never be applied for anything but good to the person.

More along this line will be found under the head of "Suggestions," by Prof. Edward B. Warman, from whose works many of these thoughts were culled.

MISCELLANEOUS DEPARTMENT

The following article constitutes a separate department of this book, and does not have any relationship with Neuropathy, but is added because of its importance to the many who have conditions which may be relieved by applying the suggestions and remedies mentioned therein.

When we consider how long and ardently we studied medicine—the various theories—first, the Botanic, then the Eclectic, then Allopathy, then Homeopathy, and all of the mental and physical sciences, including Osteopathy, Chiropractic, Ophthalmology, Suggestion, and many other side specialties, we learned that disease could be traced to three conditions: first, **invasion**; second, **retention**, and third, **enervation**. This we learned through the literature of Dr. W. H. Burgess, of Chattanooga, Tennessee. So far as any medicine system is concerned we think his system the most plausible. Outside of nerve pressure, and nerve enervation from over-use, there is, perhaps, not a system of medication fraught with more certainty of favorable results. The principal and most potent remedies he uses are the simplest kinds and easily procured. There are a few things recommended by the doctor worthy the consideration of every one who desires to use medicine in any form which we feel no hesitancy in recommending. His books are certainly unique and full of sound reasoning and practical common sense. His preparations are on the specific order, and for many conditions there is nothing better, in our humble opinion, for some of them we have tested to our entire satisfaction. Those who want to know his system can learn it by purchasing and studying his books. The book entitled the “New Field,” and the one “Chronic Diseases,” will be read with great interest by those who desire to know how to successfully practice medicine.

The medicines are put up in convenient form and not costly, and they get right to the work of neutralizing the toxins, removing the **retained poisons**, and **toning up the nervous system**. It will be an "eye-opener" to the medical practitioners everywhere. We have a method of our own in the treatment of disease, and so far as manipulations are concerned there is none better, and curative of all functional human ills; but **some people want medicine**, and to such we recommend **getting the best**, and the **least harmful**, and the **most effectual** for meeting the emergencies, and **curing certain conditions**. That there are agencies in the way of medicine which are useful we hesitate not to say and believe that common sense should be exercised in all things, and that **nothing** should be **withheld** which is harmless, that will **ameliorate the conditions of suffering humanity**. We cordially recommend all that is **needed to relieve suffering humanity**.

For neuralgia.—Spread one side of a piece of cloth with the white of an egg, and sprinkle black pepper on it till black (with the pepper), and then apply on the affected part. If in the head, place it on the temples and back of the ears.

For headache.—Cotton wet in tincture of camphor, and applied over nape of neck and over top-side head, bound on, cures by one application generally.

For heart trouble: pain in and around it.—Wring cloths out of hot water in which mustard has been added, one tablespoonful of mustard to a quart of the hot water, stirred well, wring cloths moderately dry, and apply them at the pit of the stomach and over the heart where the pain is.

Diphtheria.—One teaspoonful of tannin, one teaspoonful of pulverized alum and one teaspoonful of sugar, mixed all thoroughly together; and then hold the tongue down, and with a quill, or a paper, rolled so as to be able to blow a quarter to a half teaspoonful into the back part of the

throat, once in five to six hours—and repeat that often if the disease should return.

Lockjaw, to cure.—In cases where there is seeming rigidity of the muscular system, if there is bound on the pit of the stomach and under the arms moistened tobacco (the fine cut is preferable) will relax the system, produce vomiting and afford speedy relief. Warm turpentine may be poured into the wound if there is one.

Appendicitis.—Cloths wrung out of hot water, and a few drops of turpentine sprinkled on and applied to the lower abdomen on the right side, will usually be efficacious in relieving.

Vomiting, to arrest and cure.—Wring cloths partly dry out of cold vinegar, and apply to the neck, and place a mustard draught on the pit of the stomach.

For suppressed urine.—Apply cloths wrung out of hot water over the bladder; repeat if necessary.

To cure croup.—Fat bacon sliced thin and applied to the throat and upper part of the chest cures croup. So will cloths wrung out of cold water and applied to the throat, and repeated every few moments. Soon cures the croup.

For sore throat apply the cold compress to the front part of the throat, and wrap a dry towel outside of the compress and go to bed, and let compress remain all night; when up, take off the cloth and wash throat and neck in cold water and wipe dry.

Another for croup.—Apply to the throat cloths wrung out of coal oil, and at the same time give a few drops, say four to twenty, on a little sugar every half hour till relieved.

Constipation of children: to cure without medicine.—Apply olive oil all the way down the spine, repeating it three times a day, and also apply the oil around the posterior and sides of the body just below the ribs as far as around to the sides of the body. This is usually effective in a few treatments.

To cure chills.—Apply a mixture of equal parts of tur-

pentine and chloroform on back of the neck, and on down the spinal column, along the spines, and across the small of the back three times a day. This is simple though said to be effective.

To Do the Right Thing at the Right Time—The Resourcefulness of the Operator.

In the treatment of the various conditions called disease, it is well to have various resources to draw from in order to meet the special demands at the time so as to render the needed service for the given condition.

In medicine we have certain kinds for given conditions and these constitute the curriculum of specifics, as it were, and the routinist having tried his specific for a given condition and failed to obtain relief, his limit is reached and he improvises other means. If these other means fail to meet the demand, he tries others. It should not be so in the application of this science; for understanding that the nervous system is always involved in disease, the practitioner should be at no disadvantage in applying the remedy indicated in any and all conditions found to exist.

Take Off the Pressure—Stop the Waste.

The above heading includes all there is to do in any and all conditions called disease. It should never be forgotten that the nervous system expresses its power at its endings. If there is pain anywhere the nervous system ending there is impinged between that particular locality and the brain, and the thing the physician should do is to release that impingement; then he has done all that can be done, and as soon as the harmony is restored, cessation from pain may reasonably be expected.

While we may have general contraction all over the body and some severe pain in a particular locality, as, for instance, severe headache, we should not fail to institute measures to relax the whole body. This may be done by the use of very warm water—by means of saturat-

ed cloths wrung out of and applied. If one has pain in the lungs it is evident that the chest muscles are contracted and drawing the ribs down against the pleura, impeding the circulation of blood in the lungs. The remedy is to take off the pressure. This may be easily done by raising the clavicles and strong extension of the arms, and the spinal adjustment at the fourth dorsal vertebra.

If there be colic, due to too much gas in the stomach, relief is usually obtained by strongly extending the right arm and pulling strongly with the fingers against the side of the spine, and then, while the arm is extended, push the arm strongly backward and holding it there a moment. The pain ceases as if by magic. Or placing patient on the stomach, bolster or quilt folded under the upper part of the breast and another under the plevi, making a space under abdomen where it may be free, and then treat the seventh and eighth dorsal with a strong, quick movement. The colic goes at once.

For flux and diarrhea the same sort of treatment should be made, with the treatments from the hips upward to the middle of the back, treating at intervals of an inch or two. For the flux, we have given the treatment elsewhere, which see.

In all of the treatments we recommend in this book, we would urge that the Neuropathic treatment in the back, from the fourth to the eighth dorsal, be given also; for the union of the two forces assists greatly in neutralizing the poison or excess of either the acidity or the alkalinity of the fluids—blood, as well.

Some cases will not be satisfied unless you recommend some domestic or other remedy to take. As to that matter, use your own discretion, for there are many things useful in nature and the only caution needed is, be sure to introduce no **poisons** into the system. Even the simplest things, foreign, sometimes have deleterious effects.

For Local Blood Poison Use the Following.

Make a **poultice** of **wood ashes**, mixed up with **coal oil**, and apply to the part affected, and change same every four to six hours. This is almost a specific in any stage of the poison. Another, recommended by a noted physician, is a solution of **quinine** applied to the part for a day or two. It is said to cure in twenty-four hours.

For Appendicitis.

Flush the colon with warm water, adding a teaspoonful of salt to a gallon of water; use the long, flexible rubber tube, well inserted into the bowel—as far at least as past the sigmoid flexure—and use as much water as patient can comfortably bear, retaining it for fifteen to twenty minutes and then letting it pass, repeating the irrigation, if necessary, in a few moments or in a short time.

The irrigation with warm water is the remedy par excellence. It should not be neglected. The spinal treatment and the abdominal manipulations should also be resorted to. They cure.

Special Uses of Water—Hot Water.

Besides the use of water as a drink, cleansing the body and cooking victuals, we wish to mention that when water is used as an internal bath it affords great relief in many cases of pain, more especially in the way of a clyster, through a fountain, or other syringe.

Appendicitis may be cured by a thorough colonic douche, filling the colon with warm water, retaining it as long as possible—fifteen to thirty minutes—and repeating if contents of colon are not removed. There is no better, surer means of curing that much dreaded condition. Use water as warm as patient can bear in cases of flux; frequently repeated saves much suffering, and is the best remedy known for that disorder.

For colicky babies, fill a pint bottle with quite warm

water, sweeten with a little sugar, and apply a nursing nipple to it, and let the child nurse all it will of that, especially at night. It will cure colic and quiet the baby so that mothers may have quiet sleep all night from the "crying baby." The "three months colic" will not be if this is used, and the poor, starved baby will begin at once to grow and be healthy.

Water is the best cleanser and absorbent there is. With a little common table salt, one level tablespoonful to a pint of water is the best catarrh remedy there is. Let the patient sniff it up the nostrils and blow it out each time, doing this four or five times at a sitting, and three to four times a day—catarrh will get well in a few weeks' using. Do not forget this remedy; it is worth more than any other catarrh remedy known—and then it does no harm. If the catarrh is bad, be particular to sniff the salt water hard and strongly up into the nostrils and clear back into throat. Pulverized sugar snuffed up the nostrils, dry, is good. Use every few hours. Relief in the worst cases.

Salt water applied to sore eyes is an excellent remedy, and if there is pain and inflammation, use the water as hot as can be borne, dipping cloths saturated in the salt water to the eyes or painful spot—anywhere in the body—or outside on surface.

Water with an ounce of Epsom salts to the pint, is an excellent remedy for all of the skin diseases, rough skin, etc. It is rendered more efficacious by adding ten drops of carbolic acid to a pint of the above mixture and applying it hot to sore or painful parts, chigger bites and insect poisons, eruptions, etc.

Severe Headaches Relieved by the Use of Hot Water.

Some cases of almost killing headache may be cut short and even cured by applying water, as hot as can be borne, by means of cloths wrung out of it and applied to the stomach, back of the neck, around the wrists, and placing

the feet in hot water—putting the hot cloths on the forehead as well. The cloths should be repeated every few moments till the relief comes. This is better than any medicine ever used for headache.

A Special Consideration for All Complaints.

It will be a matter of the first importance to every one who reads this book that it does not matter what the patient complains of, the spinal treatment, from the fourth dorsal down to the twelfth, at least, if not clear down the entire spine, should always be given. This unites the two forces, remember, and neutralizes the excess of acid or alkali, and allows nature to begin to adjust itself harmoniously. In every case the spinal treatment should receive special attention if you wish to be successful in your treatment in the cure of disease of any and all kinds. There is no better way to alleviate human suffering than this spinal adjustment, as it is one of the **essentials in all diseases** of whatever character, nature or degree, in all ages.

The Internal Remedy for Boils.

Prescribe for the patient to take internally, sub-carbonate of iron (for adult) four grains, to be taken three times a day (children one-fourth as much), together with the spinal treatment once a day, at the fourth to the eighth dorsal vertebra. Also have the patient bathe the body all over daily with a solution of Epsom salts, one ounce to about a gallon of water. This supplies the skin with the sulphates it needs (on account of eating so much white flour bread).

For Carbuncles.

This is a condition resulting from a deficiency of the silica in the body and the connective tissue breaks down. Give the sixth potency of silica every three hours to the patient and if the carbuncles are open apply the pure carbolic acid with a small brush to the sore, protecting the surrounding skin with greased cloths—being careful to

only touch the sore with the acid. This is a valuable and a most effectual remedy.

Epistaxis—Nosebleeding.

This is a condition that occurs sometimes from hard blowing the nose, and sometimes the forerunner of typhoid fever, or it may come from polypoid growths in the posterior nares.

The specific medical remedy is turpentine, in doses of fifteen to sixty drops at once, taken in a little sugar or sweetened water. It acts like magic and has saved the life of several whom it was my province to prescribe for. The dose will scarcely ever need to be repeated. The Neuropathic treatment is to adjust the cervix at the side of the neck, and to hold thumb and finger strongly against the upper part of the neck at the junction of the skull and atlas—pressing with thumb and fingers on either side hard and firmly for a few moments—and raising the clavicles and stretching the arm above the head for a few moments. The bleeding is generally arrested at once.

For Burns—Small Burns.

Any sort of a burn is painful because of the acid generated therein, and inference would suggest an alkali to **neutralize the acid**. The application of soda, soap or spit-
tle would suffice for small burns. Ammonia and olive oil combined are good applications. Unslacked lime, a piece as large as a hen's egg, put into a gallon of water makes what is termed lime water. Cloths wrung out of this and applied to burns constitute a good application.

For old burns which do not seem to heal, an application of castile soap made into a thin paste, by shaving the soap and applying water and boiling it down to the proper consistency, makes an excellent application to be constantly applied. It is the best application known.

Lime Burns.

Apply diluted vinegar or sour wine immediately, right into eyes, if necessary; it antidotes. Powdered sugar is one of the best things to apply to lime burns.

For Cuts and Lacerations—the Compound Tincture of Benzoine.

For cuts or lacerations we find this an admirable article to use. Apply full strength on the cut or bruise. It smarts for a moment but is soon over. To use it: Wrap the wound, bringing the edges together, holding them together, apply the tincture over and on the wound, letting it run through the cloth, enough to thoroughly moisten it all around and on the sore. Use no plasters over a laceration or cut. To hold it securely, wet absorbent cotton in the benzoine, and take small strips and lay them across the gaping wound, while it is brought into apposition, letting edges extend well onto the sound skin, and then put a bandage on—holding wound together—and it will heal by first intention leaving no scar. Plasters heat and cause pus to form under them. Put enough tincture on to moisten through cloth once or twice a day till well.

The Remedy for “Pin Worms.”

These are very small worms which infest the lower bowel and rectum and are very annoying. They may be gotten rid of by injecting a couple of ounces of lime water into rectum. After one has discovered these pests, get rid of them, and then be more careful of the diet. Use more nutritious food. Attend to the cleanliness of the skin. Bathe all over once a day in Epsom salts water—one ounce to a quart of water—using a towel wet in this, and go all over the body therewith; or common salt water in same proportion is as good.

Avoid excesses and much sweets; live on plain, simple,

well cooked food. The application of the Neuropathic adjustment at the eighth dorsal unites the two forces and neutralizes the excesses and promotes digestion, relieving all stomach trouble. The equalization of the two forces is essential at all times and in all diseases.

What to Do in Cases of Snake Bites.

The first thing to do, if possible, after being bitten, is to ligate limb above bite. Second, either cut or scarify across wound, so as to bleed freely. Third, apply mouth to wound and suck out as much as possible, using salt water to wash the mouth afterward, and do not swallow the saliva or what is drawn from the wound. Fourth, apply an alkaline of some sort to the wound—a solution of permanganate of potash is the best. A solution of ammonia or salt water if nothing else is at hand. Fifth, diluted Lugall's solution of iodine is an antidote to snake poison, applied to wound, and one-half teaspoonful in half a pint of water, and taken in tablespoonful doses every two hours. Sixth, inject a solution of permanganate of potash hypodermically in and around the wound freely. Seventh, teaspoonful doses of the aromatic tincture of ammonia every fifteen minutes is also an antidote and very excellent.

Common table salt is said to be an antidote applied directly to the wound.

The above will suffice and you need no whisky nor alcohol in such cases at any time.

Corns and Warts—Bunions—Ingrowing Toe-Nails.

For corns.—Take off the pressure and keep it off. If on the toes, wrap a soft twine around the toe loosely between corn and foot, avoiding pressure on the corn, and wear it for several days, anointing corn every night with castor oil.

For warts.—Apply tincture of iodine on end of warts every day until they disappear. Another remedy is to apply a solution of acetic acid to wart once or twice a day.

This will cure in about ten days. The warts go when not expecting them; seemingly suddenly. Bathe them in Epsom salts, one ounce to a pint of water, several times a day. Some can charm them off, so they say.

Bunions are painful and caused by a dislocated toe joint. Set the joint by pulling it in place, and securing it there with pledget of cotton between the toes.

For ingrowing toe nails.—Cut the nails square across and **thin** the top of nail by paring it down on the **center**, on top, as may be borne, and **cut** a notch in center of toe nail, at the end, V shaped, and wear cotton pledgets under corners of nail so as to turn them up, and away from fleshy part. If corners are sore apply compound tincture of benzoin once or twice a day.

Cases which have gone so far that the nail has grown down into the flesh may have to be operated upon to cure.

Small Pox.

In addition to the spinal treatment to unite the forces, cream of tartar is the best drink the patient can use. Put a tablespoonful into a glass of water and drink of it in any quantity and at any time desired. Continue this as long as there are any symptoms of the disease remaining. Anointing with olive oil is all that is needed to prevent pitting. An occasional bath of Epsom salts, one ounce to a pint of water, in that proportion, is the best application to the skin as it supplies the sulphates to the skin, and much of it is absorbed, and it is as good a disinfectant as can be found. The spinal treatment will generally arrest its malignancy and the disease at once. To remove the scales from the body, bathing in Sinol soap is excellent.

For Malignant Sore Throat.

Inasmuch as sore throat is an expression of too much action of the positive forces—and causing an excessive amount of alkalinity in the tissue—the application of an

acid is indicated locally. No better gargle—or throat wash—can be used than a solution of sulphuric acid. Make it just strong enough to taste a little sour—say twenty drops to a glass of water—and remember that the pure acid is strong and should be handled with extreme care. It should be stirred with a bone or wooden stick—not a spoon, nor metal in the solution. Use as a gargle—and it won't hurt to swallow a little of the solution. The gargling may be done every one or two hours, or oftener if desired, and the treatment of the neck and spine should not be neglected, for this frees the nerves and blood vessels.

Fractured Ribs—Treatment For.—It is sometimes essential to know how to render relief in case of accident where one or more ribs have been fractured, to save suffering deformity.

Use a piece of canvas or drilling, wide enough to cover the chest walls, including the ribs as far up as the arm pits, having the piece long enough to encircle the body at least twice, wrapping the chest moderately tight, just allowing room to expand the chest to a minimum capacity to breathe naturally. Fasten the same with safety pins, and have the patient wear same until the ribs are united and the fracture healed, which takes about three weeks. This method insures perfect union, and allows healing without deformity, as it holds the ribs in place, and lessens the movements so the fracture can heal; the air pressure by the lungs acts as a counter pressure to the bandage, and prevents friction of the fractured ends of the rib bones. It serves the purpose admirably, and is better than plasters.

Note:—It is important that one understands conditions in order to afford relief, or to know what to do under given circumstances; what to direct to be done, if not able to render same. Cite patient to where relief may be had.

Indications from the Iris.

Every sort of disturbance in the body marks the iris. The one who is perfectly familiar with this delicate organ,

and who knows the markings disease makes on it, can positively know the locality and character of effects with a certainty obtained by no other means we know of. It is well to know this science, for then one can be certain of all sorts of influence going on in the body everywhere and at all times, from the mental to the physical influences everywhere, and at all times.

Whether we adopt this or that method of treatment, if we understand what condition we find, we will have the satisfaction of knowing what we are doing, and what for. The arresting nerve waste, stopping nerve pressure, and "uniting the forces," so as to neutralize excesses of either the one or the other, or freeing the circulation, a la osteopathically, adjusting the spine a la chiropractically, or administering some "anti-psora," or using homoeopathic attenuations, or allopathic crudities and poisons; operating for supposed appendicitis, and removing an ovary, the absolute verification and extent of the disease may be definitely known by all who understood how to diagnose from the eye-markings of the eyes.

MAXIMS WORTHY OF SPECIAL CONSIDERATION.

Peace, Contentment and Rest, Are of All Triplets the Best.

The best way to be contented is to be busy; always doing something useful.

Spend no time in useless pursuits; never loiter, idling about aimlessly. Let every effort you make tend to be of use in some way to somebody or yourself.

Keep your person clean, think pure, clean thoughts, live a life of purity, and be what you would have the other fellow be. Set the example in all things you do for a model through life, and the world will have been better by your having lived in it, when your race is run, and you shall have gone hence.

Study the best books; always aim high, look up; make

straight paths for your feet. Be temperate in all things. Avoid all excesses, and intemperance. Use no spirituous nor malt liquors of any kind. Never use tobacco in any form. Use genteel language, pure speech, never falsify; be truthful under any and all circumstances. Violate no known law, and keep thyself pure.

The attendance upon shows, parties, festivals, keeping late hours, being away from home, in questionable company and learning bad habits, are things which tend to degrade one in his own, and in the estimation of all good people. The praise of the best people is to be desired above all others. Remember that reputation is what people take us to be, and character is what we are and demonstrate ourselves to be by our lives and our dealings with our fellow-men.

Whatever is worth doing, is worth well doing; and due preparation in mind and heart and training, are the greatest importance.

Breathe naturally, bathe regularly, eat moderately, masticating the food thoroughly; sleep in well ventilated apartments; observe **regular habits as regards** attending to nature's calls; eat light suppers; never satiate the appetite at any meal. Eat but few articles at one meal; vary the kinds of food as conditions and circumstances demand.

To sleep soundly, every muscle must be relaxed, and every thought should be dispensed with. Eight hours for sleep and rest is an excellent rule to follow. One hour before midnight is worth three after. Moral, go to bed early; get up early; start early, continue steadily and persevere, and you will get there surely.

A determined effort, keeping the mind steadily on what you do, will be almost always crowned with its accomplishment. Think of what you are doing; fix your mind on it; determine to do it, and if it is worthy your attention at all, it should not be abandoned until every reasonable effort is made for its achievement. Be sure you have something worthy of doing, then do it.

A fixed purpose in life, and an honorable, useful business selected, will not fail you, if persistently followed and rightly managed, and the result will be satisfactory.

Special Directions to Follow in Taking the Epsom Salts Bath.

While in the bath use friction, rubbing the body thoroughly all over during the time of bathing, and then rub dry with a towel after the bathing.

A half teacupful of the salts to a half bowl of water is sufficient when you desire a sponge bath, and two pounds to ten gallons of water when an all-over plunge bath is desired. The salts bath neutralizes the excessive amount of carbon in the system, hence it is antitoxin. This is the most salutary antiseptic known.

Some of the Uses of Epsom Salts, Sugar and Water.

The following is a quotation from Dr. W. H. Burgess' book, "The New Field," and is worthy of profound consideration. It is headed, "Laxative Syrup."

"Take equal parts of, by measure, Epsom salts, sugar and boiling water and make a solution. Boil for five minutes and then bottle. Dose: one teaspoonful.

"To cure a headache, dose every half hour.

"To neutralize foul secretions in the stomach, dose every morning before eating.

"To cure constipation, dose three times a day.

"For rheumatism, neuralgia, etc., dose every half hour (15 drops; apply salts solution last).

"For a purgative, a dose every half hour; three or four doses.

"For a cough, five to fifteen drops every few minutes.

"This is not a crude mixture but a true chemical compound.

"If mixed with water at 70 degrees instead of at the boiling point, it becomes almost ice cold, showing chemical

reaction. The taste is good; very different from what you would suppose. Boiled with a few green leaves, raspberry, peach, etc., it resembles olive oil and surpasses all liniments. Colored with poke berries it forms the wonderful **anti-fat and reduces** obesity in a physiological way. Dose three times a day.

"Epsom bath and double sulphide go with it. See treatment for obesity."

The following combination makes an excellent salve, and will relieve more distress, pains and aches than any other known. Bake Epsom salts (sulphate of magnesia) in an oven until all the crystals are dissolved, and then mix it with vaseline to the consistency of very thick cream, and keep it in an earthen or glass jar. When used it should be applied to the diseased or painful parts, and to make it more effectual, use heat.

It is salutary in cuts, bruises, lacerations, sores (all kinds), piles, inflammation of the peritoneum, pneumonia, goiter, tumors, sore throat, tonsilitis, swollen joints and all conditions that disinfectants or antitoxins are needed.

To make it effectual for malignant conditions, such as cancer, it should have carbolic acid added, when mixing the vaseline and the salts together, about ten or twenty drops to an ounce of vaseline.

The Epsom salts is such a valuable remedy, in so many ailments, it should receive special consideration whenever there is any pain or inflammation, anywhere on, or inside, of the body.

Obesity.

It being a diseased condition of the nervous system, a state of enervation of the nerves ending in the digestive tract from the salivary glands to the stomach and the duodenum where the secretions from the liver and pancreas empty, it is necessary to adjust the spine at the eighth dorsal and unite the two forces so as to promote the digestion of the food, and keep the pores of the skin open by

sponge baths once or twice a day, and take one grain doses of the double sulphide three or four times a day. This preparation contains some of the elements in the blood which are lacking, and this being the case the secretions are insufficient to properly digest the food eaten, and hence the accumulation of the undigested fatty substances in the body. Too much carbon. The diet should be of a kind that has a small amount of carbon in it—more nitrogen and more of the phosphates—thorough mastication and frequent, stated times for deep breathing. The solution of equal portions, by measure, of Epsom salts, sugar and boiling water, mixed and boiled for five minutes and then bottled for use and taken in teaspoonful doses ter-die, with the other instructions will cure most cases. The above preparation mixed with poke berries will be more efficacious as an anti-fat remedy. The calcarea phosphoricum, one of the tissue elements in the third potency, in two grain doses three times a day, in cases where there is enervation, weakness and general debility as a result of too much fat.

Onions—Some of Their Uses and Benefits.

Onions are used as a poultice in cases of croup and lung affections in their acute form. They should be roasted or baked, and mashed fine and put into a small sack, and spread on the body anywhere, as warm as can be borne to relieve the pain; or for croup around the neck and upper part of the chest. For lung troubles, such as pneumonia, place a large poultice, of the roasted onions, over the entire chest, renewing it and keeping it warm, and it will be a source of great relief. The surface next to the skin should be greased with old bacon grease, or vaseline, and after the poultice is removed, wipe the grease off and apply more fresh grease and cloths to the chest to prevent taking cold. The juice of the roasted onion, well sweetened and given to children suffering with cough, in teaspoonful doses, will be found to be of great benefit. Repeat the dose as often as desired.

The Uses of Raw, Sliced Onions.

The sliced onion applied to bee stings, or any other sting of insects, as well as spider bites, affords immediate relief from pain and antidotes the poison at once, and the wound will not swell nor get sore, nor will any bad effects ensue from the sting or bite.

The onion sliced and covered with sugar makes a nice syrup, which will be useful for coughs, colds, sore throats, and to assuage enlarged tonsils.

Onions, fried, make a good and useful poultice for boils, ulcers and old sores. Onions are used as a disinfectant, hung around in the room. The whole body may be smeared all over with fried onion in case of scarlet fever, and then wiped off with a cloth, and serve as a skin protector temporarily. The onion, raw, applied to snake bites, is an excellent antidote to the poison.

Hemospasia—the Drawing of Blood to a Part.

This is used as a remedy in many conditions with eminent satisfaction curatively. When used properly, great and permanent benefit results, and that immediately.

In cases of epilepsy it is a most efficient and oftentimes a radical remedy. In cases of poor circulation, congestion of blood in a part, there is nothing better. Many cases of bruises, caused by striking parts with a hammer, instance, the fingers. To prevent coagulation of blood, immediately wrap the limb between the bruise and the heart tightly with a string, so as to confine the blood in the outer part of the limb—or, if a finger outer part of it—for a few moments till it turns dark all over; then unwrap it suddenly and press the blood back toward the heart. Repeat this a few times, and all the blood that would have settled therein and made a bruised place, will be removed and the part will be well.

If the patient has fits apply a narrow strap around one thigh close up to the hip, wrapping it several times around

the limb, moderately tight, so as to arrest the venous circulation, and retain it that way for a few minutes, say, thirty to forty-five minutes, until the limb becomes dark with the venous blood; then unwrap the limb and use friction from the toes, rubbing the limb upward until it seems to be as natural as ever. This aerates the blood which comes to the surface. The arm on the other side of the body should be corded the same way and let remain on until the limb becomes quite dark, then unwrap and rub arm toward the body until all the darkness ceases, then cord the opposite lower limb same way, and about the same time and then the arm on other side. This should be religiously attended to, and repeated daily for several days to cure epilepsy. It will be equally efficacious in all kinds of congestions, as it stops the venous circulation of the blood for the time being, and may be utilized in many conditions; even in paralysis, rheumatism, pneumonia, pleurisy, spinal meningitis, La Grippe, varicose veins, cramps, heart troubles, snake-bite, giving time to treat the part bitten; and then let circulation be returned to the body again. With judgment and proper care and attention, this may be used as a sovereign remedy in ever so many affections. An elastic cord about an inch wide, and six feet in length is the most convenient for use; as the elasticity tends to draw smoothly and tightly. Fits may be radically cured by repeating the treatment every six hours.

Scarlet Fever.

One teaspoonful of Cayenne pepper, two teaspoonfuls of salt, boiling water a half a pint; strain and add half a pint of good vinegar. When cold, give a teaspoonful every hour to an adult. To children half the quantity for an adult, or in that proportion. Use the same as a gargle also frequently, or every three hours.

Another most excellent domestic remedy is to apply the grease from old bacon or take old bacon and grease the :

entire body all over twice a day, and apply slices around the neck and over the upper part of the chest. Bathe the body all over first, and rub dry and then add the grease, greasing the bottoms of the feet as well each time.

A Remedy for Stone in the Bladder.

Boil common garden beets as for table use, then let the patient drink half a teacupful of the juice three times a day. This is said to cure bad cases in a few days.

Another Remedy for Stone in the Bladder.

To one quart of soft water, add three teaspoonfuls of powdered borax, and six teaspoonfuls of cream of tartar; stir them till dissolved, and then take two or three tablespoonfuls three times a day. This is an excellent remedy for that dread condition.

It is suggested by one of my colleagues that in order to get an increased action of the kidneys, which eliminates the urea from the blood, and thereby cures rheumatism and neuralgia, it is essential that the nitrates should abound largely in the diet. The nitrates and phosphates should largely predominate, and then crystals of uric acid are dissolved and eliminated through the kidneys and skin.

See dietary list elsewhere in this book for a selection of food to be eaten.

Some Suggestions Further, About What to Do in Cases of Burns.

Molasses, applied to a burn immediately, is a most excellent home remedy.

Equal parts of lime water and linseed oil applied to a burn is excellent.

A solution of two ounces of alum dissolved in a pint of hot water and saturate cloths and applied to the burn, relieves pain almost immediately, and cures it.

Sprinkle common soda on the part burned; will be efficient for small burns.

The application of **soft soap** will afford relief very quickly in superficial burns.

Oil of peppermint applied to a burn will immediately extract the fire and cure the burn.

The application of **Indigo Bluing**, will extract the fire and cure the burn.

If the clothing catches on fire, wrap the person up in a quilt or blanket at once, or roll them on the ground to extinguish the fire.

If a burn is extensive, apply at once good sweet lard. It can be purified by putting it in hot water for a few moments, and using the oil that arises to the top.

Kerosene oil is another excellent remedy, which see in another part of this book.

Cosmoline is an excellent remedy for scalds and burns. First apply a strong solution of baking powder by means of cloths wrung out of it, to the burn to relieve the pain; then smear moist cloths with the cosmoline and apply directly to the burn, placing on the outside of the cloth smeared with the cosmoline, absorbent cotton.

These remedies will be found to be invaluable, and reliable for any sort of burn. Some one of the articles will be found in almost every house, or convenient to use.

Special Treatment for Rheumatism.

There is nothing better to relieve the pain and lessen the swelling than a bath of Epsom salts; say a couple of pounds to ten gallons of warm water; dissolving the salts in hot water and then pour into water for the bath, and put patient into it, and let the water cover the entire body for ten or fifteen minutes, then use friction with dry towel, and lie down and rest until the circulation is normal.

An excellent application to swollen joints is a solution of the Epsom salts in the proportion of one ounce to a pint of hot water, and the application is best made with cloths wrung out of the hot solution, repeating them every five to fifteen minutes until relieved.

The double sulphide in grain doses for a day or two, every three hours, will be an excellent remedy to eliminate the poison from excessive lactic and uric acids. The use of lemon juice should be duly considered and used without any sugar, in water. The treatment of the spine at the fourth, eighth, twelfth dorsal, and first and second lumbar area, are essential above everything else; and this should be done two or three times a day until all the acids are neutralized in the blood.

Cloths wrung out of strong salty water and applied around painful and swollen joints—hot or cold, as is most pleasant—and covered with dry cloths, so as to keep parts warm, from taking cold from exposure to the cold air, is an excellent remedy.

The Quaker Remedy for Rheumatism.

Take one teacupful of table salt, one teaspoonful of cayenne pepper, water one pint, mix. Heat to a boiling point. Bathe the affected parts while hot, for fifteen or twenty minutes, three times a day.

It is a good idea to wet flannel cloths in this solution and apply to the parts affected—over these cloths apply a dry cloth to keep the parts warm. Many chronic cases have been cured in this way, after suffering for years. It is surely worthy a fair trial, and a continuance for days.

Another Potent Remedy.

Take a heaping teaspoonful of Rochelle salts, dissolved in water, every two hours, until six doses are taken; then take it **once every four hours**. Many cases of rheumatism are due to a lack of alkali in the blood, and this supplies that element, and thus rheumatism ceases when it is used. **In all cases of rheumatism, do not fail to adjust the spine from the fourth dorsal to the twelfth, treating the several prominent vertebra.** This unites the two forces and neutralizes the excess of acidity or the opposite—the alkalinity—and harmonizes the elements to a normal condition.

After the first day's using the above, take three or four doses a day, for a few days, until the pains all cease.

A Few Hints About the Use of Lemon Juice.

The juice of lemons is the best antidote to poisons we have in the vegetable kingdom. It is the best anti-malarial known; and it is a fact that many cases of biliousness respond to the free use of lemon juice quicker than from any other agency known. Lemons are good for the lean as well as the fat people. It is excellent for the skin, applied in solution with about eight parts water. It is a good digester, and better than soda for sour stomach. It is the best anti-scorbutic. The lemon juice is the best thing to use in water for fevered patients. Lemon juice is the best drink an hour before breakfast that the invalid can take; always dilute the juice of one lemon with a glass of cold or hot water and drink it down. The teeth and mouth may be washed with diluted lemon juice, as well as with salt and water, and serves a better purpose than all the tooth paste in whitening the teeth and neutralizing the poisons which accumulate on the tongue from breathing with the mouth open. Lemon juice should be used daily for all invalids, and will be a grateful beverage for everybody at all times, in every country and for all people.

The caution needed in the use of lemon juice is, not to use sweet milk within an hour of taking the lemon juice. There is not much in oranges but juice, and but little benefit as regards health, but are a fine relish when ripe and sweet.

Ripe fruits, eaten in moderate quantity serve a purpose: that of aiding digestion and in keeping the bowels in order. Stewed or baked apples are a good relish for many people. Many people require a variety of acids, and these are found in fruits of various kinds. There is no objection to the use of good cider vinegar in a little water occasionally. Some cases of very tenacious coughs are benefited by taking small sips of vinegar in a little water;

say add two tablespoonfuls of vinegar to a glass of water, and sip a little of this every half hour or hour. There is a limit to be observed in ingesting fluids or solids, and the quantity should be according to the necessities of each case, and conditions. We all eat too much, and too often, perhaps. Experience and judgment should govern us in that regard. So the food is thoroughly masticated before swallowing, it matters but little what we eat, so we select what will make up the deficiency of what is lacking in the system. See the table of foods for information as to the elements contained in various foods. The no-breakfast plan is a good thing for many invalids. Try it who wishes.

In case of fevers, it is well to observe this strictly and regularly as often as the necessity seems to demand. It will not be amiss to place the fever-patient in water at a temperature of about 80 degrees and kept there for fifteen minutes until an appearance of blueness ensues, or until the fever subsides, then take out and rub dry with a dry towel. This may be repeated daily. It will add to the efficacy of the bathing to add a handful of salt to the water, or a tablespoonful to a gallon of water used in the bath.

Sometimes we find a dry scurf all over the body, like scales, and sometimes real scales. In such conditions daily bathing becomes a necessity to remedy the affection. The best way to do in such cases is, to use **Epsom salts** in the water, in the proportions of two pounds to ten gallons of water; or, if a towel is used, and what we call a sponge-bath, then use one ounce of Epsom salts to a pint of water. The water may be either warm or cold, as suits the feeling and condition of the patient. To make the bathing still more effectual, we recommend that you prepare a compound as follows: Take three and a half ounces of glycerine and put into that one-half ounce of carbolic acid and keep in a bottle convenient for use. When it is needed use it as follows, and in the following proportions, to-wit:

Take one ounce of Epsom salts and dissolve it in one pint of water, and then add one teaspoonful of the compound mentioned above, and then apply that over the body. For children, with skin affections, the solution of glycerine and carbolic acid should be only half as much, or use double the quantity of water. This may be applied with a towel wet in it and wrung out moderately dry. If there is pain, use the compound hot as can be borne by means of cloths wrung out of it and constantly applied. It is effectual in such conditions at once, generally. Use it.

There are so many conditions benefited by the use of water that it is a necessity to use it externally as well as internally—very freely, for the system is largely made up of water; at least seventy per cent of the body is water, and it requires water to carry on its circulation of the fluids and carry out the waste materials constantly accumulating.

In sore throats a cold compress is one of the essentials, rightly used and repeated. The water may be applied with cloths wrung out of it, and over-wrapped with a dry towel. This worn around the neck all night is one of the best applications for sore throat. Many conditions called disease, simply need treatment with water; either cold or hot water. Judgment should be used in this as well as all other agencies to be effectual.

Some Things About Bathing.

Some one has said, "Cleanliness is next to godliness." That may be true, but such an expression is not in King James' translation.

To be decent is essential, and the body has a better chance to breathe when its surface is kept clean—"the pores kept open"—and loose clothing worn. The question of bathing is one which should engage the attention of all.

The principal reason why bathing should be done is, that the waste material expelled through the skin during the process of insensible perspiration adheres to the

surface and lodges on the surface of the clothing next to the body, and this is effete matter, and more or less poisonous. The skin possessing the quality of elimination as well as absorption, it is not altogether improbable that some of the poisonous eliminations should be absorbed.

Then again, the healthfulness of the skin is largely dependent upon the active state of the terminal nerve filaments which end in the skin. The emanations through the skin being resorbed frequently produces a partial paralysis of the end footlets of the nerve filaments and the skin becomes covered with a scurf, or any substance which covers the skin, and coats it over to a greater or less extent. This should be washed off, and leave the surface free; then the cutaneous respiration can take place naturally. Bathing should not be neglected, under these circumstances especially.

It is Not Best to Use Strong Soaps.

Soap, remember is an alkali, and that destroys tissue, if too strong or too frequently used. A handful of common table salt put into a gallon of water, and a towel wrung out of that, and the surface of the body thoroughly gone over therewith two or three times at a sitting, and followed up with a coarse, dry towel will suffice for a sponge-bath, once a day.

The plunge-bath is all right, but should not be used too frequently nor in too warm water; nor should the body remain in a warm bath any longer than to rub over thoroughly, and then emerge at once, and follow up with either a towel wet in cold water, or have a gentle shower bath, suddenly applied and only enough to change the current of blood; then use a rough towel freely all over the surface at once, and dress immediately.

Soap should not be left on the surface, but washed off with clear water.

A Few Things About Limes and Lemons.

These are semi-tropical trees and grow abundantly in the south and western parts of the United States, and are beautiful trees, and when full of fruit are very inviting.

The fruit is a beautiful yellow and the juice is intensely acid, and is the part used.

Many conditions called disease may be ameliorated and cured by their proper use. We have said a few words about the use of lemons elsewhere in this book, and wish to say a few more things, thinking they may be useful to those who need to know how to use them for conditions which are liable to occur at any time, and save much time and suffering by using them for certain conditions.

Most people have heard of them curing felons, simply by cutting a hole in the lemon and inserting the finger into it for a few hours. One or two applications of the lemon to the finger in that way generally cures the felon, when used at the commencement of the pain.

If a lemon is put into the stove and roasted or baked until the juice begins to exude from it, and the juice then squeezed out of it, and sweetened to the taste, and one or two teaspoonfuls of it taken three times a day, and then on retiring, it is said to break up a cold at once.

For biliousness, lemon juice is one of the best remedies known. Take the juice of two lemons a day, in four doses, as follows: Put a tablespoonful of salt in a pint of boiling water, and add the juice of two lemons to it, and let it get cold, and then take it in tablespoonful doses before meals and at bedtime. A better way would be to take the juice of half a lemon, separately, and the salt without the lemon mixed in it, as a pint of the salt water would last better, and the lemon would be more effectual in larger doses.

The lemon juice taken in a little water, three times a day, will cure malaria in a short time.

Lemon juice is a good application to the skin as well; especially in erysipelas. For that affection, take a gill of brandy and add the juice of two lemons, and apply to the inflamed part by means of cloths moistened in this mixture, keeping them wet all the time. It is said that but few remedies are better than this one.

The following will be a great boon to the scarlet fever patient, as the doctors are often puzzled to know just what to do for this affection. This will be the thing to do for scarlet fever. Make a lemonade, moderately sour, and to a glassful of it add a half teaspoonful of pulverized gum arabic; and stir it well together. Let the patient drink some of it, and then apply a warm flannel cloth all over the abdomen, then apply a white woolen blanket, wet in as warm water as the child can bear. Put into that water first, one or two ounces of Epsom salts, and wrap the child all up in it, except the head, to which apply moderately cold water, and then wrap a dry flannel cloth outside the wet one and then add covers to make it warm, so as to sweat the patient for about an hour, and if it does not sweat, apply hot bottles and hot rocks around in the bed, keeping the head wet occasionally with the cold water (not too cold), and keep repeating an occasional drink of the lemonade. After the sweating has been going on for an hour, unwrap it and rub dry with cloths and wrap it in flannel or put on warm clothes and do not let it take cold, but keep right on giving it (the lemonade), as above prepared. After the perspiring and rubbing dry, apply all over the body, either sweet oil or the grease squeezed out of bacon, and put on its nightdress, and cover it with bedclothes sufficient to keep it comfortably warm, and continue the lemonade, and your patient will be cured, and will be all right in a short time. The body should be bathed once or twice a day with Epsom salts water; a

tablespoonful to a pint of water, and let light diet be given it.

The following method will be the thing to do in cases of diphtheria:

Gargle the throat with lemon juice every one or two hours (if too strong, dilute it with a little water). This will cut loose the membrane which forms in the throat. Apply all over the body twice a day, or oftener, a solution of Epsom salts, an ounce to a quart of water, sponging the body with a wet cloth, and be sure to keep applied to the outside of, and in front of the neck, cloths wrung out of the Epsom salts water, either cold or hot, but often repeated. The latter serves as an antidote to the toxic matter in the blood, neutralizing it better than anything else known. Be sure to do this, and your cases of diphtheria will all get well.

The dreadful disease, rheumatism, can be cured with lemon juice, if used as follows: If you will pare a lemon and cut it up in slices and fill a quart, or any sized bottle with it, and then add as much grain alcohol as will fill the bottle, and then take of this mixture about a half teaspoonful before each meal and at bedtime, you will find it the best and most effectual remedy known for that dreadful complaint, acute or chronic. It will add much to the comfort and speedy cure of this affection, if, in addition to the above, you use the following: Make first this compound: One-half ounce of carbolic acid mixed with three and a half ounces of glycerine, and keep it in a bottle for use. Now, take two ounces of Epsom salts and put into a quart of hot water, and when cool, add two teaspoonfuls of the above mixture of glycerine and acid, and shake the mixture thoroughly, and then sponge the body all over with this by wetting the cloths in it. To be saving of it, just pour out of the bottle some of the liquid on the cloth so as to wet it thoroughly, and then rub the body all over with it. Do this three or four times a day; bathe

the feet also in the same salts water, as above prepared. Use the same by means of cloths applied over the painful parts, but have the liquid hot as can be borne, and frequently repeated. This is invaluable, and will not disappoint you. The dose of lemon may be given every three hours in bad, or acute cases.

The use of the juice of the lemon in dropsy is astonishing. It should be taken in all cases of dropsy (although dropsy is only a result of some other affection); this is the remedy, par-excellence. Slice the lemon (after it is peeled), and cover with sugar. To begin with, take the juice of one lemon a day for the first day, and gradually increase the quantity to seven or eight a day. Use the Epsom salts solution as in the preparation for rheumatism, daily, and the swelling will soon subside.

For such condition as heartburn, a little lemon juice taken will arrest it at once.

For sore throat, there is nothing so good as a frequent gargle with lemon juice, and a little of it swallowed while gargling it.

Taking a small quantity of lemon juice every little while will arrest that most annoying, and often fatal condition called hiccoughs. This may be used frequently, in connection with desensitization of the phrenic nerve at the third cervical on the left side of the neck, or as it crosses the first rib, about its middle, back of the clavicle; pressing on it for a few moments, or raising the ribs on each side where the diaphragm is attached, pressing the diaphragm upward a moment.

Some people cure chills by using the juice of lemons, as follows: The juice of a lemon is added to a cup of coffee and drank, and repeated, using it twice a day, and another good way is to take a half dozen, cut them in slices and boil for half an hour in a pint of water; strain, and give a teaspoonful every hour or two for three or four days, during the wakeful hours, or when the chill is

on, and other days every four hours. It matters not so much about the hours, so plenty of the lemon juice is taken.

This is the Remedy for La Grippe.

A teacupful of lemonade taken every fifteen or twenty minutes, taken hot, taking as much as five or six cupfuls, and then repeated every two hours, will be found excellent.

There is no better remedy for consumption than the free use of lemons, and they may be peeled and sliced and then boiled for half an hour, half a dozen at a time, and then sweetened to the taste, and a half dozen taken in one day that way; say the half dozen boiled half an hour in a pint of water, and then sweetened and taken in small quantities so that all may be taken in one day.

The use of the Epsom salts baths should not be omitted in all lung affections.

Lemon juice will cure tan blotches if the face is washed therewith a few times.

By applying the lemon to stytes, repeating a time or two, will cure them very readily.

If a piece of sliced lemon is applied to corns, and worn over night, a few applications cures corns.

A little lemon juice taken in the mouth and let trickle down the throat, for a few times at short intervals, will cure hoarseness.

In some cases of asthma, the juice of half a lemon, or a tablespoonful before each meal will be effectual, and should be tried by those suffering from this complaint.

There is no better remedy than a half a lemon taken three times a day for scurvy.

If you will take the juice of two lemons and put it into a quart of tea, adding the lemon juice to the tea when it is boiling hot, and bottle it when cool, and then take a teacupful every two or three hours, you will find it most excellent for **headache**.

It is said that the juice of half a lemon and one teaspoonful of sugar and one of water taken at a dose, will cure blood poisoning. The above is a dose, all of the above, and should be taken every half hour for three or four hours.

It is an excellent thing to remove stains from the hands—apply the clear juice.

Lemon juice mixed with equal parts of water is an ideal toothwash.

The juice of one lemon taken in a glass of hot water every morning will reduce fat. It is the best remedy for that condition. One man was reduced seventy-five pounds in one month by this means, and doing without his breakfast.

Hanging clothes on nails when wet causes stains, and these may be removed with the juice of the lemon—apply it and hang such garment in the sun. Repeat a time or two and the stains will have disappeared.

There are so many uses for this valuable fruit that we cannot mention all of them, but suffice to say that it is one of the most useful of all that is known, especially for those conditions which have baffled the skill of all medical men, and will not only save much expense to every family, but life itself, if the use of lemons is adopted in every family.

For Gripping or Tenesmus in Ano During Flux.

Press the interior point of the mastoid process, just back of the ear, firmly. The pressure should be made for a moment or two, and it suffices.

For Dilation of the Uterus—Threatened Miscarriage.

Press the rib just forward of the anterior end of the scapula.

Snake-Bites.

Immerse the limb in kerosene oil. It extracts the poison.

Eucalyptol, in **five drop doses**, every two to four hours, is said to be a sovereign remedy for La Grippe.

Sugar is a remedy for **lime in the eyes**, or for burns by lime anywhere on the body.

A strong tea made of the bark of the root of the common willow; a handful to a quart and boil to a pint; and a half a teacupful three times a day, or less quantities oftener, will cure flux—so said.

When food disagrees with the stomach, and bloating and indigestion ensues, or from eating something that disagrees with the digestive organs; take from one to three or four teaspoonfuls of cream of tartar, dry on the tongue, swallowing it as it dissolves, not taking water for at least a half hour after taking it; it will be the most salutary and efficient remedy one can take. Take nothing else.

Taken in half teaspoonful doses three times a day is an excellent remedy for dyspepsia, always taken without water, and drink no water for at least a half hour afterward.

For an Overdose of Morphine.

Inject a solution of permanganate of potash hypodermically, or take it internally. This is an antidote to morphine and opium poisoning. Inject in deltoid muscle.

Hiccough (Singultus).

This is a nervous condition which often proves fatal, and is easily arrested when one knows just the thing to do to arrest it. It is a result of nerve irritation—and that usually at the terminals of the phrenic leash which ends in the diaphragm. As this nerve emerges between the third and fourth cervical vertebrae on the left side of the neck (about the middle of the neck) the treatment is easily performed. If gentle pressure is made with the finger—the palm—just where this nerve emerges from the

cervical vertebra, for a few moments—generally not longer than one minute—the irritation ceases and the hiccough ceases. This is worth many times the price of this book when the knowledge is needed to arrest this most distressing condition. The result will be the same if pressure is made on the first rib (about the middle and back of the clavicle) at a notch where the phrenic nerve passes over the rib downward to its ending in the diaphragm. The reason it cures is on account of the pressure arresting the irritation at the nerve endings, by semi-desensitization of the entire leash where mentioned.

When one knows a reasonable amount of the functions of the nervous system, and where the nerves may be reached and influenced, there should be no hesitancy in arresting conditions which medicines have no power to influence or affect curatively.

The Remedy for Gall Stones—For Their Removal.

The patient should take a large tablespoonful of Epsom salts at night on going to bed. Next morning take one glass tumbler full of olive oil, putting into it a little lemon juice, and have some black coffee made and ready to swallow immediately after swallowing the oil. Take another dose of the oil at eleven o'clock, and another dose of the salts at four o'clock. This should be sufficient for the course and is usually successful in its work. The discharges should be made in a vessel so as to secure the gall stones which may be washed out with water. The above is worth many hundred dollars to the sufferer.

Dizziness.

This condition is nearly always due to muscular imbalance of the extrinsic muscles of the eyes, and the remedy is to treat the eyes with prisms repeatedly, until they perform their functions normally. Kratometric, gymnastic exercises are the best means for a cure. If there

are temporary dizzy spells they may be caused by over-eating or from some impediment in the circulation of the blood. The neck treatment is to be instituted then.

Fainting.

That is better relieved by placing the patient in the recumbent posture and sprinkling cold water on the face. The neck treatment is indicated after the spell is over.

Hay Fever and Asthma.

The fourth dorsal treatment, together with divulsion with the bivalve, cures these conditions.

There are many conditions which succumb to the **union of the two forces** which need not be especially mentioned, for it makes no difference where the affection is located; the remedy is to take off the pressure and stop the waste of nerve power, and these are all that nature demands in any case.

What to Do in Cases of Drowning.

The first thing is to get the patient out of the water as soon as possible and in some suitable place to get the water out of the stomach and lungs.

If possible, secure a barrel or something round—a log is as good as anything—and begin to roll the patient backwards and forwards, lengthwise on the stomach and on the back, so as to empty the water all out; then begin a systematic course of artificial respiration by stretching the arms high above the head and suddenly bring them down against the sides, and blow with your mouth into patient's mouth, at the same time holding the nostrils of the patient, blowing strongly while some one is going through with the artificial respiratory process. Continue these movements until recovery takes place, or long enough to show that it cannot be accomplished. If your patient shows signs of life persevere steadily, but do not overdo. Be careful and meet all indications promptly and with judgment.

After life is restored, use warm applications to the body and friction with warm cloths. Then let patient rest undisturbed for a time to recuperate strength and the normal feelings over the body. See to the circulation of the blood, but give no stimulants nor food. Breath is what the patient needs; let alone and see that plenty of fresh air is allowed.

Resuscitation should be done as carefully as possible, being careful not to bruise the lungs while rolling patient over the barrel. You may save the life even after a person has been in the water an hour or two; the effort is worth while and should be made.

Magnesia Sulphate (Epsom Salts).

This is regarded as a physic, a saline cathartic, and used generally for that purpose. There are so many conditions this article may be used for that we shall attempt to enumerate but a few of them.

As a disinfectant it has no superior, and as an antidote to toxins, it is perhaps the best there is. It has a special influence in dispelling the effete matter from the skin when used as a wash, and opens the pores of the skin better than any article we know of. It also supplies the skin with sulphates, which, being deficient, cause eruptions and eczematous conditions on the surface. It neutralizes the poisons from insects of various kinds, and furnishes sure protection against rheumatism; and locally applied, in hot water, relieves pain with surprising rapidity.

In order to have in readiness a preparation to mix with the salts solution, prepare the following, which may be used for any skin trouble when mixed with the solution. Take three and a half ounces of glycerine and one-half ounce of carbolic acid and mix thoroughly together, and keep it, in a bottle, ready for use. When used, or to be used, in the solution put one teaspoonful of the mixture into one pint of water, into which one ounce of Epsom

salts has been dissolved, and shake it well before using. It may be warmed or used cold. Hot for pain, by the use of cloths wet therein, and cold when no pain exists. The solution is fine for any sort of skin trouble and may be used frequently, two or three times a day or oftener, or kept applied all the time for a disinfectant and for anti-toxin effects, as it is the best antidote known for that poison stuff.

The salts solution is fine for intestinal affections and one can hardly go amiss in using a moderate quantity at any time for almost any condition of the bowels, skin, or as an antidote to malaria and other supposed poisons in moderation. An ounce of salts to a pint of water dissolved therein, and four ounces of glycerine and as much rose-water, makes an excellent wash for the face and hands to keep the skin soft and white and clean.

Another Method of Treating for Gall Stones.

Take one gill of sweet oil before retiring at night and the next morning a dose of seidlitz powder, and one every hour until an action of the bowels takes place. This may be repeated in three or four days. Two or three doses are generally sufficient to remove the stones. Avoid eating wheat bread, and use fruits and vegetables which have no lime in them. Rice and sago, berries and milk and distilled water may be used.

Kerosene Oil is One of Nature's Best Remedies for Disease.

From the crude petroleum which was used as a liniment, to its partial refinement and use in lamps, the more refined name and nature called kerosene, we have one of the most useful, next to salt, of all the productions from the bowels of the earth. The coal we burn in our stoves is probably the source of kerosene.

When we consider that one application to the throat, of a cloth saturated in this oil, will cure sore throat, we will wonder why so many people suffer with sore throat.

A little cotton saturated with kerosene and put into the cavity of an aching tooth is a remedy that affords immediate relief in almost every case, and a cloth wet with kerosene and applied to a corn, and it kept on for a few days, saturated with it, will cure if you take off the pressure and the corn will disappear.

One teaspoonful of oil and kerosene taken in a teacupful of new sweet milk is said to cure chills, and usually one dose does it. It may be taken in half the quantity by children and weakly persons, and may be repeated daily, if necessary, with no harm.

For burns there is no better remedy. It may be mixed with the same quantity of olive oil or linseed oil and applied by means of cloths saturated therewith, and repeated from time to time, or it may be used without the oil by itself.

The celebrated "Johe" is largely composed of kerosene, and is most effective in many cases of burns, sprains, etc.

There is, perhaps, not a remedy which will cure **croup** as quickly as kerosene oil will. Saturate a cloth with the kerosene oil and place it on the throat and upper part of the chest, and give internally from three to twenty drops every half hour, lengthening the time between doses as the case improves, and this will prove satisfactory.

It may be administered in two or three drop doses on a little sugar every half hour, and cold water used on the throat by means of cloths wrung out of it and applied frequently. This is a good remedy for the pseudo-membranous croup.

If applied by means of a swab to the throat, inside, in cases of diphtheria, it will be efficacious and effectual. The swab should consist of absorbent cotton and shaken well before introducing it into the throat, so as to avoid giving too much at once. This is surely a sovereign remedy and may be relied upon when properly used.

In that very troublesome condition produced by the

poison vine, if kerosene is applied to the parts affected three or four times a day until the inflammation subsides, the cure will be effected; but for this affection the crude oil is the kind to use—petroleum.

Cloths saturated in petroleum and applied to sores and bruises are soothing and it causes wounds to heal, abates pain and aids in healing as well.

Petroleum mixed with glycerine makes a good application to the hands as well as to mix into the hair to remove dandruff.

Many cases of rheumatism are benefited, and some cured, by the application of kerosene to the parts affected by rubbing with the oil.

It is an excellent remedy in snake bites—one teaspoonful taken internally and some put onto the bite; but there should be an opening in the skin so that absorption can take place readily and it kept applied.

Petroleum or lard applied to rheumatic painful parts, applied warm and rubbed in thoroughly, are excellent applications to assuage that condition. Neuralgia is likewise greatly alleviated from the use of these applied hot to the parts affected.

In all throat troubles, including quinsy, the local application of kerosene, externally and internally, is said to be a specific.

In pneumonia, if cloths are wrung out of kerosene and applied over the lungs, great relief will be obtained in a short time. If thus applied at night, on the lungs of patients afflicted with consumption, it will alleviate the suffering and will cure some cases thought to be beyond the reach of remedies. It is worth while to use it for that affection.

It is said that the oil of peppermint is one of the best remedies for quinsy, applied externally on and around the throat.

Many cases of swollen bowels, even appendicitis,

may be relieved by the application of cloths wet in hot water and a few drops of turpentine sprinkled over it and applied hot, to the entire bowels. This will afford relief, and should be followed up with the cloths wet in the kerosene oil or kerosene mixed with vaseline.

Some cases of piles are cured by the injection of small quantities of kerosene oil into the bowel, once or twice a day.

In asthmatic affections, kerosene has been used with success, after many remedies had been tried to no avail, by inhaling the fumes into the lungs and rubbing the hands with the oil, especially the palms; and by applying the oil to the neck and chest twice a day relief will almost always be the result.

Those who live in the country and who burn coal oil will be proud to know they have in their houses such a valuable remedy for so many conditions they are liable to have in their families.

The simple remedies which do no harm, especially when used with discretion, are generally the most potent for relief, and worthy of our special consideration. And with a little study and experience every family may become its own doctor and save money, time and life, as well as the sadness which sometimes is the sequel of neglected sickness; whereas, when the remedy is in the house and it is known how to use it, relief can often be attained at once, and the owner of this book will save many times its cost as well as the satisfaction of saving the life of some dear one.

With deep breathing, diet, suggestion, exercise, and the use of Epsom salts, together with the many suggestions made in this volume, a world of suffering may be, and can be, avoided.

The uniting of the two forces is the most valuable discovery for the relief of human ills of this century, or any preceding it, to the world, in the art of healing, and

the philosophy of healing through the science of Neuropathy will go down the ages, when understood, as the best means possible for the purposes intended.

Domestic Remedies.

Our book would be incomplete were we to omit saying something about some of the common things obtainable, and which are of incalculable value to many people in cases of sickness. These are salt, lemons and kerosene oil.

These articles are the most plentiful of anything we have, and when we know how to use them are the most useful for certain conditions.

Salt is the most valuable to cure disease of all other articles in use, and there is an inexhaustible supply of it.

We have said elsewhere that it is useful as a cure for catarrh and given directions for its use; also how to use it in sore eyes and how to bathe the body with it.

We would recommend it in other cases, such as felon, mixed with white of egg and used as a poultice, renewed in a few hours if it does not relieve, which it will do in all cases if applied at the beginning.

If salt be moistened with a little water and applied to burns, it will prevent blistering, and is one of the very best remedies known for burns.

Applied to neuralgic and painful parts and all painful conditions anywhere in or on the body, either hot, and in sacks of convenient size, or in solution of a half a pint of salt to a quart of hot water, and cloths wrung out of it and applied to the painful part, it will be found effectual. Repeat it and apply it warm each time.

In bleeding piles it is a sovereign remedy; used as an injection, as warm as can be borne by the patient, two or three times a day, will arrest the bleeding; and the solution may be used of varied strength, from a tablespoonful to a pint of water of salt solution, to more if needed. Medium strength is, perhaps, the safest to use and as effectual.

In toothache a solution of equal parts of salt water (a tablespoonful of salt solution to a pint) and a half a tablespoonful with the same quantity of camphor mixed together and held in the mouth, will usually arrest the toothache in a short time; use it as warm as can be borne and repeat it if necessary.

There is no better remedy than a strong solution of salt and water—hot—applied to a sprain or a bruise, kept moist all the time until well.

If salt is taken in half to one teaspoonful doses three times a day it will cure almost any case of chronic disease of the spleen or constipation.

In cholera morbus, if a tablespoonful of salt is added to a pint of water and a half pint of cider vinegar, and then mix in this a tablespoonful of ground black pepper, and a tablespoonful taken every twenty minutes will be found to be one of the very best remedies to relieve that condition.

In some cases of colic a teaspoonful of salt dissolved in half a glass of water and taken at the commencement of the attack will arrest it at once.

A drink of salt water of the strength of a teaspoonful to a pint, given in teaspoonful or larger quantities, to one just going into a spasm or fit, if they can swallow, is sometimes effectual in arresting any further spasm at the time; and the head sponged with the salt water is excellent at the time of the spasm.

In cases of fever and ague the use of salt is a sovereign remedy; but it must be **browned**—made brown like coffee—which can be done in a stove of moderate heat. The dose of this browned salt, for an adult, is a tablespoonful dissolved in a glass of tepid water, every morning following the fever. If the patient is thirsty let water be drank through a tube of small size. After taking the salt the food should be light for the next forty-eight hours; say, chicken or beef broth.

Salt mixed with equal parts of sugar and a small pinch taken at night, when there is a tickling cough or sore throat, will be a satisfactory remedy in most cases.

In bleeding of the lungs, frequent doses of salt in half teaspoonful doses is the best remedy known to arrest it. Repeat dose every twenty minutes.

For that condition called diarrhea, put one tablespoonful of salt into a teacup and then add one tablespoonful of vinegar to it and fill the cup with hot water, and of this preparation, from one to two teaspoonfuls, as hot as can be borne, every ten to fifteen minutes. If one should vomit repeat the dose. This will cure obstinate cases, not only acute but chronic cases.

It is an element in the blood and holds all solids in solution; hence, useful in cases of blows or bruises from falls or other ways; even where apparent death is a result, salt water should be administered immediately, if possible, internally and used externally. The usual method of preparing it to take internally is a teaspoonful to a pint of water, and yet a tablespoonful to a pint of water is better; then take a tablespoonful at a dose as often as five to ten minutes till relieved.

In case of worms in children, if one teaspoonful of salt is stirred in a half pint of tepid water and injected into the bowels of the one troubled with worms, once a day for three or four days, it will cure them of pin worms. Lime water in two to four ounce doses injected into the bowels removes all the pin worms at once. Try it.

There is no better remedy than a half teaspoonful of common salt twice a day for dyspepsia. The dose may be from a fourth to a half teaspoonful, and for disordered conditions of the stomach. A good way to take the salt is to put half a teaspoonful dry on the tongue and then drink a glass of water slowly, washing the salt down. This should be taken half an hour before breakfast every morning until relieved.

For torpid liver the juice of one lemon with a half teaspoonful of salt, mixed with a half pint of water, and drank half an hour before breakfast, is a sovereign remedy. The lemon and water may also be taken at bedtime.

The application of a small sack of salt—made as hot as can be borne—to the abdomen, in cases of painters' colic, or any other pain, is a sure relief.

It is said that a strong solution of salt and brandy applied to erysipelas is one of the very best of remedies, cloths kept constantly wet with this and applied to the parts affected. The proportions should be a tablespoonful to a pint. (Use a tablespoonful of salt to a pint of water; then add equal parts of the brandy.)

Salt water applied to the entire body, and the head washed and rubbed thoroughly, will cure any case of dandruff in a short time. The daily sponge or towel bath is an excellent cleanser and should be used by everybody.

If one has hives a little salt bound to the back of the neck will, it is said, cure the hives in a short time.

A little salt dissolved in the mouth and swallowed will often cure that condition known as heartburn.

There are so many uses for salt that we cannot enumerate them all. It is worthy of the most profound consideration, for it is always at hand and many conditions may be ameliorated by its use intelligently applied, and save many a doctor's visit and much suffering and expense: and many lives saved by its use also.

A Fine Remedy for Membranous Croup.

To one quart of strong vinegar add one pint of common table salt, while vinegar is hot, and wring cloths out of it as hot as can be borne and hold to the mouth so that the fumes—the steam—can be inhaled; and it is effectual in loosening the membrane.

One of the Quickest and Best Tape Worm Remedies.

Let the patient eat a light supper the night previous to using the remedy, and then, in the morning, eat nothing but bread and milk for breakfast, and half an hour after the breakfast put (for an adult) ten drops of chloroform on a little sugar and let that be swallowed at once, and repeat the same kind of a dose in twenty minutes afterward.

In fifteen minutes after the last dose of chloroform let the patient take four ounces of castor oil, keeping it down with lemon juice or coffee. Take the oil warm.

The mistake people make in expelling the worm is they starve the patient and the worm so that the worm exerts all its powers to hold to the surface of the intestine.

The above directions followed strictly will be effectual in getting rid of the worm. There are many other remedies but this is the one to succeed with. Another excellent remedy—let patient eat one to two ounces of pumpkin seeds twice a day.

Children may take the remedy proportionately as to size.

The treatment may be repeated in a month if the first round does not remove it all, or any of it.

To Cure Goiter by Local Application.

Use colodion spread on the entire outside of the tumor—put on with a small brush—three times a day. It acts mechanically, squeezing the blood out of it gradually.

To Remove Pins, Needles, Tacks, Etc., From the Stomach After Being Swallowed.

Let the patient go to eating cooked Irish potato—eating nothing else for a day—and follow it up with a dose of oil, enough to move the bowels. The foreign substance

will be wrapped up in the potato, and come away without doing any harm. Remember this.

Kerosene for Asthma.

The way to use it: Apply it to the neck and chest twice a day, rubbing it in well. Then place some of the kerosene in each hand, using friction for a few moments. Do this standing up, and then inhale it into the lungs—the fumes—repeating it every three hours for the first two or three days, and then three times a day and before retiring at night. In some cases it is effectual immediately, but in bad cases it may take a week or two to cure it; but it will be effectual in almost every case.

How to Make An Excellent Liniment for General Purposes.

To the yolk of two hens eggs, thoroughly beaten, add slowly one pint of good cider vinegar; stir in the vinegar slowly, and keep stirring the mixture to prevent any lumps forming, and stir till it is smooth; then add, stirring all the time, one pint of turpentine. Then put it into a bottle large enough that it may be shaken daily for several days, and it will form a white, pasty mass, and is excellent for every sort of painful affection, when freely applied and the surface thoroughly rubbed, every few hours. Use it on all occasions, for man or animal, when soreness, stiffness or rheumatism is present.

If to the above there be added a half pint of oil of sassafras, a half pint of oil of hemlock, and four ounces of wintergreen, you will have one of the best liniments for general use on the market.

The Salt Water Cure for Goiter.

Make a brine strong enough to hold up an egg, and then wring cloths out of that brine, doubling the cloth or towel so as to cover the goiter and half-way around the neck, on either side of the neck, and cover all over this with a towel wrapped around the neck and put it on every

night same way. Continue this every night until cured, which generally takes about three weeks. This is invaluable for it cures. Many other like conditions succumb to this same treatment.

Poisons and Their Antidotes.

Poison oak—*Grindelia robusta* 2 drachms, glycerine 2 ounces. Mix and apply to affected parts three or four times daily. It cures.

For All Poisons Taken Into the Stomach.

Use remedies to cause vomiting as quickly as possible.

A tablespoonful of salt in a pint of warm water, drank, usually causes vomiting immediately. A tablespoonful of powdered mustard in a glass of water is a sure emetic.

After vomiting use fresh milk, white of eggs, sweet oil, lard, or any other oil or butter.

Arsenic—Use albumen of eggs, sweet milk, sweet oil, lard at once, freely. Carbonate of iron, half teaspoonful in water.

Tartar Emetic, Antimony—Give tannic acid or green tea, strong.

Verdigris, Lunar Caustic, Corrosive Sublimate—Mix whites of a dozen eggs in water, two pints; give a glass full every two minutes, till the stomach will contain no more. If there are not eggs enough, use sweet milk. Wheat flour mixed with milk is good.

Lunar Caustic—The antidote is a strong brine of salt; take in stomach as soon as possible. (The above is nitrate of silver.)

Strychnine—Give two teaspoonfuls of common baking soda in water. This is said to be a certain antidote. Common salt is also a sure antidote used freely internally.

Sugar of Lead—Excite vomiting. Then give Epsom salts, diluted sulphuric acid mixed with the salts, castor oil or solution of alum.

Shell-fish, or Ptomaine Poison—Excite vomiting. Then give dry on tongue, one to four ounces of cream of tartar, using no water for half an hour afterward.

Opium, Morphine—Use stomach pump. Then give strong coffee, lemon juice. A solution of permanganate of potash is a perfect antidote to the morphine or opium poison, injected into the deltoid muscle. Be sure to keep patient awake and use artificial respiration if needed.

Phosphorus—Give milk and magnesia, sweet milk, mucilages, but no grease of any kind.

Carbolic Acid—Give oil, glycerine, flour and water, white of eggs, magnesia, flaxseed tea, vaseline.

Lye—The remedy is vinegar or oil.

Sulphuric Acid (Oil of Vitriol)—Soap-suds, wood ashes mixed with water, carbonate of magnesia, chalk or lime water, and let patient use milk.

Nitric Acid (Aqua Fortis)—Strong soap and water is efficient. Aqua ammonia in water. Wood ashes and sweet milk are excellent.

Creosote—Starch, wheat flour mixed with water, white of eggs, milk, mucilaginous drinks. Stomach may be evacuated by stomach pump.

For Mad Dog Bite—Cord the limb; then pour muriatic acid on the wound—a few drops. This is said to neutralize the poison at once. It is said that to plunge the patient into water at 65 degrees, regardless of remonstrance, not letting the patient know anything about it before plunging, and prepare the bath without patient hearing the sound of the water. Repeat the bath when symptoms of a paroxysm appear.

The above will be sufficient for this book. There are many other poisons in the world but the student should be posted in the important ones which are liable to occur at any time.

The Kind and Use of a Vibrator—The Shelton, Chicago, Ill.

This machine is the most satisfactory machine I have

ever used and I generally use it after giving the manipulations, vibrating the entire spine and extending down to the feet—not using vibrations longer than about fifteen seconds at any one place at one sitting. It assists the metabolism of the muscular system and thereby relieves the pressure from end nerves.

For La Grippe.

After adjustment at the fourth dorsal, fourth cervical, eighth dorsal and the twelfth, give your patient directions to take a half teaspoonful of baking soda in a half glass of hot milk every three or four hours, and that will save the necessity of repeating the treatment at the office. Remember this.

Cayenne Pepper.

Some of its uses.—A gargle made as follows is excellent for sore throat: Two teaspoonfuls of common cayenne pepper; two of fine salt; mix. Add one-half pint of boiling water; mix thoroughly, then strain it, and add half pint of **good vinegar**. Bottle for use. Dose: Half teaspoonful to a tablespoonful every one or two hours, and use it freely to the sore fauces, or throat, as a gargle, frequently. Taken in the form of a tea, or mixed with cream, in doses of a few grains to even a **teaspoonful**, it is an excellent stimulant. Mixed with lard or vaseline and applied to the surface, it is excellent in many conditions. Applied to the **bottoms of the feet**, as an ointment, it warms them, and is a **cure for cold feet**. Mixed with turpentine and applied to tumors, it is said to **discuss them** (cause them to absorb). The above compound is excellent for sore throats, as stated, and catarrh, colds, hoarseness, female obstructions (due to colds), fevers, inflammation, piles (as a wash), liver complaints, quinsy. Mixed with molasses, or steeped in vinegar, it may be used in many conditions. It is not poisonous, therefore may be used with impunity.

SULPHATE OF MAGNESIA (EPSOM SALTS)

A few years ago Epsom salts was the most popular drug in England, though only known by its laxative and purgative properties.

Epsom water was famous, though nothing was known of its antitoxic and antidotal properties for health and longevity.

Those who used it most did not suffer with sclerosis, kidney troubles, rheumatism, nor any of the fat man's troubles.

The Standard Lexicon of the medical profession was written by Dr. Robert Hooper more than a century ago. The name Magnesia was adopted by the chemists on account of its power to draw certain substances from the air, and he goes on to state the Epsom salts slowly draws carbon from the air, and that it has a stronger affinity for carbon than is possessed by potassium, or sodium, or ammonia, having the power to draw carbon from these very stable substances. After stating the general disease condition in which Epsom salts was used, he mentioned "the broken doses," frequently repeated, to increase perspiration and diuresis, and states that some claim that it allays pain when no catharsis is produced.

Here are some of the uses which Dr. Burgess made of it, and his successes are, and have been, most remarkable and satisfactory.

Fifty years, or more, later, our medical authorities make the very same claims for Epsom salts, except the relief of pain, no doubt fearing the effects on this of anodynes, nerve paralyzants and magical nostrums, dropping the very thing out that has in fact the power to draw the carbon

from a toxin, and completely neutralize it and relieve the pain in a physiological way.

Experience has shown that the toxic element is the main thing in all serious conditions, both acute and chronic, because, with the means of neutralizing toxins so promptly we thus materially change the conditions and ameliorate the symptoms, no matter what the name of the condition—the toxic element is gone, and nature has a fair chance to establish natural, normal relations, and rapid recovery is the rule, under these favorable conditions.

The antidotal powers of Epsom salts are well proven by the method, but again the experience the method demands goes still further than reason, and shows us its antidotal over poisons not built on carbon, as all the blood toxins are, and the facts we must glean furnish the clues to the mysteries on ahead.

The power of Epsom salts to stimulate and strengthen the sympathetic system of nerves is another property confirmed by experience.

Cuts have been known to heal under Epsom water application in three days, indolent ulcers get a move on themselves, all pus disappearing in an hour sometimes. A broken leg heals in two to four weeks, fractured ribs in about the same time.

Nature has had wonderful help from some quarter to be able to do such things. And we venture to suggest that it is because the toxic element is removed from the system, which element is the most troublesome part of all disease, and that we may expect equal improvement in all conditions from the faithful use of the warm Epsom sponge bath and all night applications of Epsom water (Epsom salt, one ounce to a pint of warm water; or two pints of water).

The ancients, as Dr. Hooper terms them, had more facts than we had to begin with, and all they lacked of revealing the richest mine in pathology was the natural

method born with every one that comes into the world. And today, if we had enough manhood and American independence to turn our backs on all the bastard theories periodically foisted on us, we would be of one mind, and all trusting in the natural method, and all have the ready means at hand of solving the mysteries of life.

Gall stones are dissolved by the use of Epsom salts baths and all night applications to the skin. Mineral deposits are also dissolved as well, whether in the joints or elsewhere. Bathing the body all over, every day, tends to keep the skin cleansed and bring out an immense amount of the urates from the blood.

To cure common colds make Epsom lozenges. Epsom salts one part with eight parts of sugar; melt together with a little water, and make into drops, or any convenient form, and hold some of these in the mouth until they melt, spitting out the saliva every minute or so. In the course of 30 minutes you have drawn nearly a cupful of toxic poison. fibrinous fluid from the blood, the cold is gone, the headache gone, and a feeling of satisfaction in your mind.

There seems to be no limit to its use. It relieves the symptoms of burning urine in about 30 minutes. It cures La Grippe, used once an hour during the day. It offsets the habit of taking cold, by taking the sugar as above for 30 minutes at bedtime.

The warm Epsom sponge bath subdues restlessness, if used three or four times during half an hour, just at bedtime. These may be repeated several times during the night, for dissolving the urates from the blood.

Sclerosis, aneurism, anchylosis, diabetes, nephritis, rheumatism, pleurisy, pulmonary consumption, etc., will be cured in a day and a night bath, repeated every time the indications demand it, for even one day will bring the patient well on the way to a cure, and in a short time perfect recovery will take place, symptoms gone, the patient cured. All night application of Epsom salts water or folds

of cloths as a compress, is very important; over the thorax, in consumption, it relieves the cough and lessens the bronchial secretions to a great degree.

The tub bath—one to three lbs. of Epsom salts to eight to twelve gallons of water—may be preferred in some severe cases of rheumatism, but it should be followed by a sponge bath in the course of an hour, or less as the patient becomes restless. The restlessness is caused by the blood carrying more urates into the capillaries, to take the place of those dissolved out, hence the necessity of frequent bathing, to dissolve out the urates, causing the trouble.

Epsom Oil.

Epsom oil is made as follows: Take water and Epsom salts equal parts by measure, common sugar and glycerine one-half as much. Make solution. More water may be added from time to time to hold it in solution. Dose internally, one teaspoonful before breakfast, or before each meal. It gives the stomach a good bath.

Externally it may be applied freely with the hand, or on thin cloth, making a light compress, easily borne and doing good work all night, or all day without renewing. It seems like oil, and looks like it, only the effects are a hundred times better. Do not use soap to wash it off.

Burns or Scalds.

The immediate application of salts water relieves the pain at once, used warm to get the best results. Use it cold if no warm water is at hand. Have Epsom salts always bottled, ready for use in cases of emergency.

There is nothing better for **blood poison** than the Epsom salts application. Use cheese cloth, several thicknesses, applied often, saturated with the Epsom water, prepared as directed (1 to 16 of water).

Bad Breath.

This condition is absolutely cured by the use of the Epsom salts bath, daily. The sugar and salts mixture held

in the mouth, together with the daily bath, is the remedy par excellence. In all conditions where toxin is found in the body, the Epsom salts will prove the greatest benefit of anything known.

An old physician, living on a high bluff, skirted by the low lands of the Wabash river, on the Indiana side, always kept Epsom salts in solution in a quart bottle, and he used it for all sorts of ailments, and was one of the most successful physicians in the country. He used it externally and internally. But few knew what was in that "big bottle." I did, and witnessed its beneficial effects, and now I wonder why I did not use it then.

For eye troubles, inflammation, etc., use the half strength solution of Epsom salts applied on cloths, over eyes and forehead, all night, for such conditions.

The application of the salts water, to an ulcer, stops the formation of pus in an hour, generally, hence the best thing to use. It destroys the toxic poison that produces the formation of pus.

It will cure hemorrhage, locally applied—small ones.

Made into a salve, it is the best application to piles. Make it as follows: Dry the water out of it in a hot stove, then pulverize it, and mix it with vaseline, to the consistency of cream, or about two parts of vaseline to one part of the dried Epsom salts. Use it once or twice a day to the pile, introduced into the rectum with the finger, smearing the parts with the salve.

This may seem superfluous to recommend this article so highly, but for the antidotal effects it possesses of toxic poisons, being one of the main elements so frequently needed in the body, a thing that cannot be supplied by any sort of adjustment or food; it is urgently recommended to the readers of this book, and if properly used, will be found a rich boon to the afflicted.

The external applications can do no harm, and the in-

ternal use will not be anything but satisfactory, if used as it should be.

Hydropathy is an excellent system of healing as used according to the instructions in Hydropathic works, but its use can be greatly enhanced by the additional use of this Sulphate of Magnesia element, and if you need more knowledge of this wonderful remedy, you may get it by purchasing the New Field, published at Chattanooga, Tennessee, by the W. H. Burgess Company, and you will find a mine of useful instruction therein along the lines of healing and practical, useful advice.

It was discovered by the late Dr. W. H. Burgess that sugar could be used to very great advantage, as an antitoxin, simply by holding it in the mouth for a few moments. Its presence in the mouth has the effect to arouse the salivary secretions, filling the mouth with saliva. The doctor states that it is the grandest therapeutic measure ever devised, giving control over the blood, heart and arteries. It unloads the blood of toxins and excessive nutriment in a few minutes.

Pain is caused by toxins and pressure, and is relieved by sugar more quickly than by anodynes. In facial neuralgia it gives relief in from 30 to 60 minutes. Frequent repetitions of it relieves neuralgia, sciatica, and all pelvic pains, and even headache.

Its simplicity is its greatest commendation, but some will not use it because it looks too simple to be of any use.

The simplest things are often the most useful. This remedy has merit and its use will convince the most skeptical. Try it. Prove it.

Simply hold half a teaspoonful in the mouth until it all dissolves, then spit it out, and repeat the operation for 30 to 60 minutes. Rest the salivary glands for an hour or so, and then use the sugar again for an hour, and so on as long as is necessary.

This relieves the system of the toxin, and the pain ceases. When the toxin is removed the disease caused thereby is cured.

Where the use of the sugar causes toothache, substitute salt, in smaller quantities, always spitting out the saliva each time after using the sugar or the salt. Persistence is required in some cases, but it is effectual in such a variety of cases that it should not be ignored. It relieves one of so many conditions and suffering that it should be known by all, as it is so simple and so easily applied, there is no excuse for suffering.

It comes right in line with Neuropathy, as it takes off the pressure. Drink water freely when thirsty, and so virtually wash out the poisons from the blood. The microscope shows that the character of the blood can be changed in a day. There is no drug so potent as sugar, used as above directed, for pains of all kinds, and it is absolutely harmless.

Bad colds; sore throat; diseased and swollen tonsils; headache; sciatica; many conditions which will arise caused by toxic poisons can be relieved through the use of this simple remedy, sugar held in the mouth.

Some conditions will respond more quickly by the same dose, and used in the same way; one teaspoonful of Epsom salts to seven of sugar, will be more effectual.

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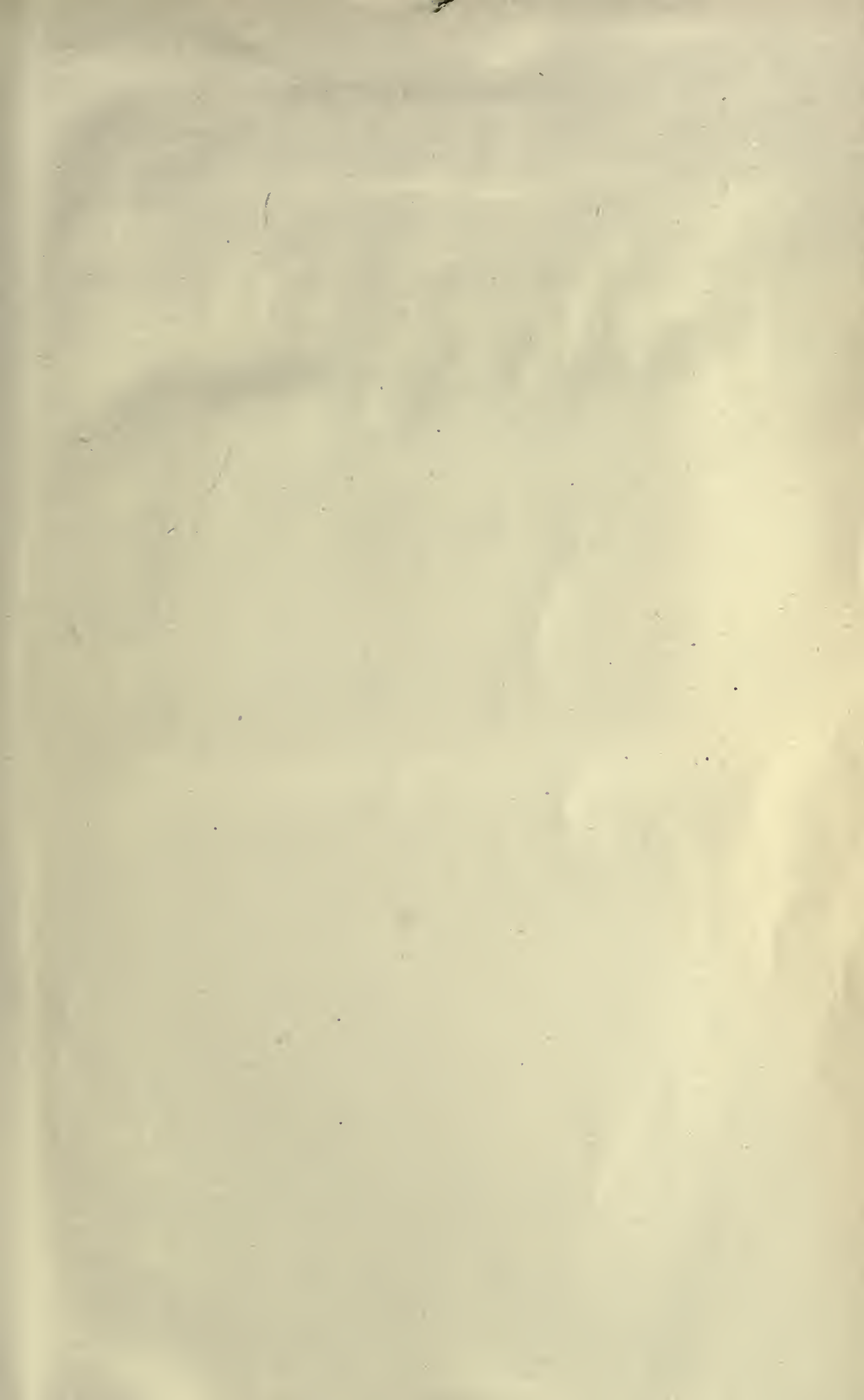
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